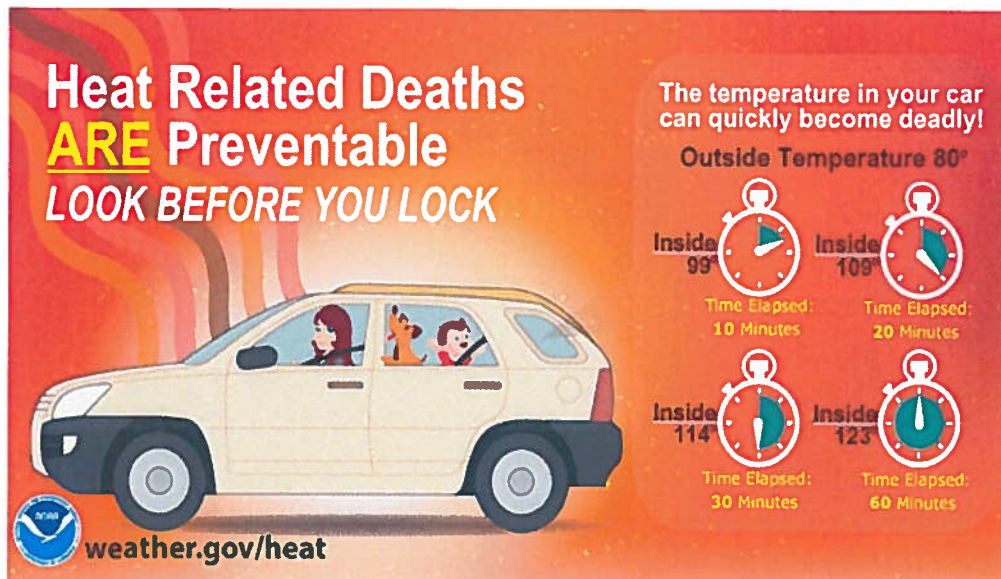




**Tips to keep safe in hot weather:**

- **Never leave children, disabled persons, or pets in a parked car – even briefly.** Temperatures in a car can become life threatening within minutes. On an 80-degree day with sunshine, the temperature inside a car, even with the windows cracked slightly, can rise 20 to 30 degrees above the outside temperature in 10 to 20 minutes.



- **Keep your living space cool.** If you have an air conditioner, use it. Cover windows to keep the sun from shining in. If you don't have an air conditioner, consider going to a community cooling center. If you stay at home, open windows to let air circulate. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness. When it's hotter than 95 degrees, use fans to blow hot air out of the window rather than to blow hot air on your body.
- **Slow down and limit outdoor physical activity.** Plan outings or activities that require physical exertion for the early morning or after dark when temperatures are cooler.
- **Drink plenty of water and eat lightly.** Don't wait for thirst. Drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.
- **Wear lightweight, loose-fitting, light-colored clothing.** Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
- **Don't stop taking medication unless your doctor says you should.** Take extra care to stay cool and ask your doctor or pharmacist for any special heat advice.

- **Taking a cool shower or bath will cool you down.** A shower or bath will actually work faster than an air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.
- **Avoid Sunburns.** They can significantly slow the skin's ability to release excess heat.

### **Signs and Symptoms of Heat-Related Illness:**

#### **Heat Exhaustion**

##### *Symptoms*

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

##### *What You Should Do*

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

#### **Heat Stroke**

##### *Symptoms*

- High body temperature (above 103°F)
- Throbbing headache
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

##### *What You Should Do*

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

#### **Additional resources:**

ReadyWisconsin - <https://readywisconsin.wi.gov/be-informed/extreme-heat/>

Wisconsin Dept. of Health Services - <https://www.dhs.wisconsin.gov/climate/heat.htm>

Centers for Disease Control - <https://www.cdc.gov/disasters/extremeheat/index.html>

# Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

[weather.gov/heat](http://weather.gov/heat)

**Job Sites**  
Stay hydrated and take breaks in the shade as often as possible.

**Indoors**  
Check up on the elderly, sick and those without AC.

**Vehicles**  
Never leave kids or pets unattended - LOOK before you LOCK

**Outdoors**  
Limit strenuous outdoor activities, find shade, and stay hydrated.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

**CALL 9-1-1**

- Take immediate action to cool the person until help arrives