

Hot Weather Safety Precautions

When temperatures and humidity rise, take these simple steps to protect yourself and those around you.

Stay Hydrated

- Drink water frequently...even if you don't feel thirsty.
- Avoid excessive alcohol, caffeine, and sugary drinks, which can contribute to dehydration.
- If working or exercising outdoors for extended periods, consider beverages that replace electrolytes.

Stay Cool

- Spend as much time as possible in air-conditioned buildings.
- Take cool showers or use cool, wet towels on your neck and wrists.
- If your home is over 90°F, fans alone may not prevent heat-related illness.

Dress for the Heat

- Wear lightweight, loose-fitting, light-colored clothing.
- Wear a wide-brimmed hat and sunglasses.
- Apply broad-spectrum sunscreen (SPF 30 or higher) and reapply as directed.

Limit Outdoor Activity

- Schedule strenuous work or exercise during the early morning or evening.
- Take frequent breaks in the shade or an air-conditioned area.
- Reduce physical exertion during the hottest part of the day (typically 10 a.m.–4 p.m.).

Check on Vulnerable Individuals

Pay extra attention to:

- Older adults
- Infants and young children
- People with chronic medical conditions
- Outdoor workers
- Pets

Check on neighbors, friends, and family members who may need assistance during extreme heat.

Never Leave Anyone in a Vehicle

- Never leave children, older adults, medically vulnerable or pets unattended in a parked vehicle, even for a few minutes.
- Interior vehicle temperatures can become deadly very quickly.

Know the Warning Signs

Heat Exhaustion

- Heavy sweating
- Weakness or fatigue
- Dizziness
- Nausea
- Cool, pale, clammy skin
- Muscle cramps

What to do:

- Move to a cool place.
- Loosen clothing.
- Sip cool water.
- Apply cool, wet cloths.
- Seek medical care if symptoms worsen or last more than an hour.

Heat Stroke (Medical Emergency)

- High body temperature (103°F or higher)
- Hot, red skin
- Confusion or altered mental status
- Loss of consciousness
- Rapid, strong pulse

What to do:

- Call **911 immediately**.
- Move the person to a cooler location.
- Cool them with ice packs or cool, wet cloths while waiting for emergency responders.
- **Do not give fluids if they are unconscious or confused.**

Remember

Stay Hydrated • Stay Cool • Stay Informed • Check on Others