



TIPS TO STAY COOL IN **EXTREME HEAT**

- **Avoid** the hottest part of the day | 10AM-4PM
- **Hydrate** | water or sports drink, rehydration solution:

6 tsp sugar, $\frac{3}{4}$ tsp salt, 1 quart water

- Shades **down**, windows **open**
- Loose, breathable clothing
- Purchase fan **ahead** of time
- **Avoid** use of stove or oven



HEAT EXHAUSTION

Cool, moist skin, dizzy,
headache, muscle
cramps, rapid, shallow
breathing

HEAT STROKE

No sweat, hot, dry skin,
rapid pulse, confusion,
loss of consciousness

CALL 911 IMMEDIATELY

-Body temp. does not
decrease

-Body temp. is 103°F or
higher

-Symptoms worsen

-Chest pain or abdominal
pain