



# Stay safe in the heat

Climate change is making temperatures hotter and heat waves longer and more frequent. These high temperatures can impact your health and require immediate medical attention.

## Drink water and cool down right away if you:

- Feel tired, weak, or dizzy
- Have a headache or muscle cramps
- Are sweating heavily
- Faint
- Look pale

You may be experiencing **heat exhaustion**, which can become heat stroke if not addressed promptly.

## Get immediate medical attention if someone:

- Has difficulty breathing, a headache, or nausea
- Has a fever (body temperature of 103°F or higher)
- Has red, hot, dry skin without sweating
- Is confused, delirious, or hallucinating
- Is dizzy, unconsciousness, or unresponsive

They may be experiencing **heat stroke**, which can be deadly!

### Call 911 if someone has symptoms of heat stroke

Untreated heat stroke can quickly damage the brain, heart, and kidneys. The chance of serious complications and death increase the longer treatment is delayed.



## How to stay safe in the heat

- Stay somewhere cool
- Drink plenty of water
- Wear light clothing and hats
- Take a shower
- Close blinds during the day, open blinds at night
- Avoid:
  - Being outside between 10am and 4pm (when it is the hottest)
  - Strenuous activity
  - Eating or drinking sugar, alcohol, caffeine, and high-protein foods

Receive alerts when the temperature is dangerously high: Text your ZIP code to **888-777** to sign up for emergency alerts.

Learn more about how to prepare for extreme heat at **sf72.org** and **sfclimatehealth.org**.



City & County of San Francisco