



# 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**, even if SF hospitals have a surge of COVID-19 patients.



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

## Reduce risk and slow the spread of COVID-19

- Stay home when possible. If it is too hot, visit [sf72.org](https://www.sf72.org) for alternative options.
- Stay at least 6 feet away from people not in your household
- Cover your mouth and nose with a mask, handkerchief, or scarf
- Wash your hands frequently

## 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](https://www.sf72.org) and [sfclimatehealth.org](https://www.sfclimatehealth.org).



City & County of San Francisco