



DO YOU KNOW WHAT TO DO?

WHEN TEMPS GO UP
SO DO THE DANGERS

BE PREPARED. MAKE A PLAN.

KnoWhat2Do.com

EXTREME HEAT

FEELING HOT, HOT, HOT?
EXTREME HEAT CAN KILL.

KNOW THE SYMPTOMS

The first symptom of heat exhaustion can be faintness and nausea followed by muscle cramping or involuntary spasms. Be aware of fever, rapid, weak heartbeat, cool, moist skin and/or heavy sweating.

TREATMENT FOR THE HEAT

Immediately rest and find a cool place; drink an electrolyte-containing drink; loosen or remove tight clothing; lay down, elevate and gently massage affected muscles; and apply damp sheets or spray cool water. Call a doctor or 911 if symptoms persist.

STAY COOL AND HYDRATED

Stay out of the sun as much as possible. If going outside, use sunscreen (SPF 15 or higher) and stay hydrated with nonalcoholic and caffeine-free fluids. Also, install window air conditioners properly and weather-strip doors and sills to keep in cool air.



DID YOU KNOW?

ABOUT 175 PEOPLE
DIE EACH YEAR IN
THE UNITED STATES
FROM HEAT EXPOSURE
WITH MEN BEING THE
HIGHEST PERCENTAGE.