

Keep Your Cool During Summer Heat

Extreme temperatures can be dangerous to everyone's health.

What can I do?

- Stay in Air-Conditioning. Scan the QR code for a list of open Cooling Centers.
- If there is no A/C, open windows on shady sides and close the windows, blinds or curtains on sunny sides.
- Stay hydrated with water (avoid alcohol & caffeine).
- Cool down with quick showers.
- Take breaks from physical activity, hottest from 10am-5pm.
- Wear loose, light-colored clothing and a hat when in the sun. Use sunscreen.
- Never leave children, pets, or adults in parked cars.
- Check on your family, friends, and your elderly neighbors.



Watch for Signs of Sickness

Heat rash:

Heat rash can look like small red blisters. **Try to cool down**, keep the affected area dry and use talcum powder if the rash itches.

Heat cramps:

Heat cramps can feel like sharp pain in the stomach or limbs, nausea, or heavy sweating. **Try to cool down** by applying cool, wet cloths to the stomach. Try gentle stretching of the cramped muscles.

Heat exhaustion:

Heat exhaustion symptoms include fainting, vomiting, heavy sweating, and dizziness. **Move to a cool place, drink water slowly, and seek medical help if symptoms continue or worsen.**

Heat stroke:

Heat stroke is an emergency, with symptoms like loss of consciousness, rapid breathing, confusion, and high body temperature. **Call 911.** Cool the person by bathing in cool water, removing clothing, using cool wet sheets, or applying wrapped ice packs on specific body areas while waiting for help to arrive.