Know the signs and ways to treat heat-related illness

HEAT CRAMPS
- **Signs:** Muscle pains or spasms in the stomach, arms or legs
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

HEAT EXHAUSTION
- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting.
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

HEAT STROKE
- **Signs:** Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; unconsciousness.
- **Actions:** Call 911 or get the person to the hospital immediately. Cool down with whatever methods are available until medical help arrives.

For a listing of cooling zones or for more information call 2-1-1.

Tips for how to Prepare Now, Be Safe During, and how to Recognize and Respond to heat-related illness.
WHAT: Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO: More males than females are affected.

WHERE: Houses with little to no AC, Construction Worksites, Cars, During extreme heat the temperature in your car could be deadly!

PETS: Keep Pets Safe in the Heat
- Never leave your pets in a parked car
- Limit exercise on hot days
- Provide ample shade and water

HOW TO AVOID: Keep Pets Safe in the Heat
- Never leave your pets in a parked car
- Limit exercise on hot days
- Provide ample shade and water

WHERE TO COOL OFF:
- Libraries
- Shopping Malls
- Community Centers
- Community Pools

HOW to AVOID:
- Stay hydrated with water, avoid sugary beverages.
- Stay cool in an air conditioned area.
- Wear light-weight, light colored, loose fitting clothes.

For more resources and information call 2-1-1.