



Stay in an air-conditioned place as much as possible. If you do not have air conditioning, go to a shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Keep in mind that electric fans will not prevent heat-related illness when the temperature is in the high 90s. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

Cut down on exercise during the heat and try to limit your outdoor activity to morning and evening hours.

Sunburn affects your body's ability to cool down. Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses and put on broad-spectrum sunscreen of SPF 15 or higher 30 minutes before going out. Continue to reapply it according to the package directions.



Cars can quickly heat up to dangerous temperatures, even with a window partially open. Never leave infants, children, people needing mobility assistance, or pets in a parked car.

Don't wait until you're thirsty to drink water. Make sure to provide more fluids to children and pets. Avoid sugary or alcoholic drinks—these cause you to lose more body fluid.

Check your local news or call 211 for extreme heat alerts and to learn about any cooling shelters in your area.

Learn the signs and symptoms of heat-related illnesses and how to treat them. When in the heat, monitor the condition of the people you are with and have someone do the same for you.

Although anyone can suffer from heat-related illness, infants, older adults (ages 65 and older), and those with certain medical conditions are at greater risk and should be monitored regularly for signs of heat exhaustion or heat stroke. If you or a loved one belong to one of these groups, speak to your medical provider about a plan to stay safe during extreme heat.



For more information and resources visit:
srhd.org/extremeheat

