

# EXTREME HEAT

## WHO'S MOST AT RISK FROM HEAT?

- Older adults
- Young children
- People who are overweight/obese
- People who do not sweat normally
- People with chronic medical conditions, such as dehydration, heart problems, and respiratory or lung problems
- People who work outdoors or in hot settings
- People who take certain medications that cause sensitivity to the sun or interfere with the body's ability to sweat and stay cool



## ACTIONS TO TAKE BEFORE

- Do you know the symptoms of heat-related illness?
- Can you open your windows? Does your air conditioner work?
- Do you have a list of air-conditioned buildings you can go - libraries, malls, supermarkets, etc.?
- Do you have someone that you can call for help or who can check on you?
- Are you taking any medications that might make you sensitive to the sun or heat?

## ACTIONS TO TAKE DURING

- Use air conditioning to cool down or go to an air conditioned building
- If you don't have air conditioning, open windows and shades on the shady side and close them on the sunny side
- Drink plenty of fluids, but avoid alcohol, caffeine, and sugary drinks
- Take cool showers and baths
- Avoid activity during the hottest part of the day (11am to 4pm)
- Wear loose, lightweight, light-colored clothing to help keep cool
- Stay out of the sun as much as possible
- Wear sunscreen and a ventilated hat (e.g., straw, mesh) when outdoors, even if its cloudy
- Never leave children, pets, or those with special needs in a parked car, even briefly
- Check on neighbors, friends, and family



**FOR MORE INFORMATION, GO TO  
[CDC.GOV/DISASTERS/EXTREMEHEAT](https://www.cdc.gov/disasters/extremeheat) OR [READY.GOV/HEAT](https://www.ready.gov/heat)**

