

EXTREME HEAT

Protect Yourself Outdoors

What is Extreme Heat?

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the heat and humidity combine to create an oppressively hot environment. Each year over 600 people in the U.S. are killed by extreme heat. Heat-related deaths and illnesses are preventable.

What is Heat-Related Illness?

When it's hot out, the body may not be able to cool itself off properly. When the body's temperature gets too high, a person can become ill and experience heat exhaustion, heat stroke or other illnesses.

Stay Cool

- Wear lightweight and light-colored, loose-fitting clothing.
- Wear sunscreen, sunglasses and a wide-brimmed hat to protect against sunburn, which can dehydrate you and affect your body's ability to cool.
- Try to schedule outdoor activities or work when temperatures are cooler, like during the morning or evening.
- Pace yourself in the heat - if you become lightheaded or weak, find a shady area and take a break to rest and cool your body's temperature.

Stay Hydrated

- Regardless of how active you are or how thirsty you feel, if you're out in the heat you need to drink more fluids than you regularly do.
- Avoid sugary drinks, which can cause you to lose more body fluids, and very cold drinks, which can lead to stomach cramps.
- Replace salts and minerals lost during sweating - sports drinks can help replace lost salts and minerals.

Stay Informed

- Know the signs of heat-related illnesses and how to treat them.
- Monitor yourself and those around you and have them keep an eye on you.
- Listen to local news and weather stations for warnings of extreme heat.



HOUSTON COUNTY
Health Department

We Protect Lives.

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Houston County Health Department

Heat Exhaustion

Heat Stroke

Feeling faint/dizzy

Throbbing headache

Excessive sweating

No sweating

Pale, clammy skin
cool to the touch

103°+ body temperature
and hot, dry, red skin

Nausea/vomiting

Nausea/vomiting

Weak but rapid pulse

Rapid, strong pulse

Muscle cramps

Loss of consciousness

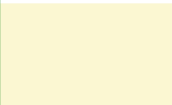

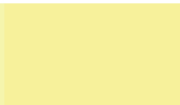







- Rest in a cooler, air conditioned place out of the heat.
- Rehydrate with water only if the person is fully conscious.
- Take a cool shower or use cold compresses to cool the body.

CALL 911

- Take immediate action to cool the person until help comes.

Are you staying hydrated? Use the urine color test to check.

Hydrated				Dehydrated			
Optimal	Well-Hydrated		Okay	Dehydrated	Severely Dehydrated	Seek Medical Aid	
							

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