

RECOGNIZING TROUBLE

There are two main problems that can arise in the heat: heat exhaustion, and heat stroke. Both are serious — especially heat stroke. See below for signs of these problems. Read the other side of this pamphlet for tips and tricks to avoid them!

Heat Exhaustion

Signs of heat exhaustion include:

- Heavy sweating
- Cold, pale, clammy skin
- A fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Fatigue, dizziness, headache, fainting

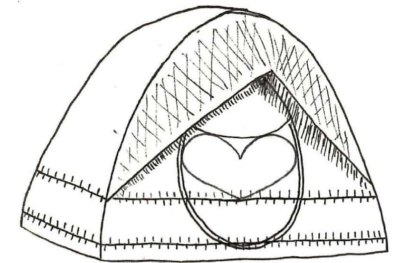
If you or someone you are with are experiencing these symptoms, sip water, move to a cooler location, loosen your clothes, and place cool, wet cloths on your body. Seek medical attention immediately if you vomit, your symptoms worsen, or symptoms last more than an hour.

Heat Stroke

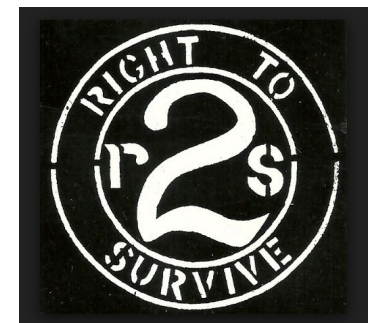
A more serious condition, signs of heat stroke include:

- A high body temperature (103 or higher)
- Hot, red, dry, or damp skin
- A fast and strong pulse
- Headache, dizziness, nausea, confusion, passing out
- Stumbling or confusion

If you or someone you are with are experiencing these symptoms, seek medical attention immediately. Also try to move the person to shade or a cooler area. Do not give them anything to drink. Ask if they have a headache, nausea, or dizziness. Call 911.



Surviving Extreme Heat



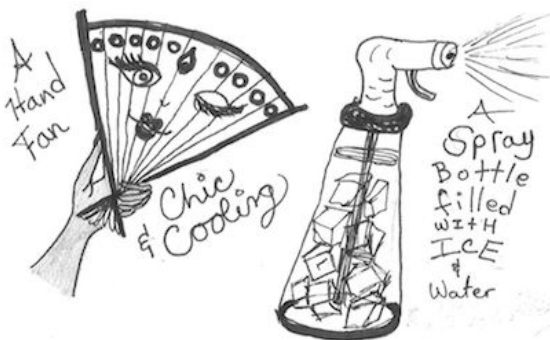
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STAYING COOL



- Above all, drink water!!!
- Reduce activity during hottest times (1-6pm)
- Stay near trees / grass as much as possible
- Open tents to let air circulate
- Hang a tarp or cardboard to create shade — or use an umbrella!
- Use a squirt bottle to mist your face
- Fold paper into a fan or use small cardboard scraps to fan yourself



- Run fans to circulate the air — get battery-powered fans at dollar store
- Wipe your forehead with a cool cloth
- Drink a slushee or eat a popsicle
- Douse your head in cool water
- Wear long-sleeved, light colored clothing made of cotton
- Put a wet cloth or ice wrap on your neck
- Sleep with a damp sheet.



- Don't forget about your **PETS** — all of the above can help them too!
- If your dog shows signs of overheating — excessive panting, lethargy, a deep red tongue — get them into cool water ASAP. A wet towel or clothing can also help.
- Keep fur trimmed short.

STAYING HYDRATED

- Drink more water than normal, even when you're not thirsty.
- Drinking Gatorade or other sports drinks, or eating watermelon, is especially good to help replace electrolytes.
- If your urine is dark yellow or gold, that's a sign you should drink more water; aim for clear or light yellow.
- Avoid alcoholic or caffeinated drinks, including energy drinks, coffee, etc.
- Eat fruits that have lots of water in them. If you're eating salty foods, drink extra water.

