

## Beat the Heat and Stay Cool

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Follow the below tips to make sure you and your loved ones are safe during extreme heat.

### Heat-Related Illnesses

Heat-related illnesses, like heat exhaustion and heat stroke, happen when the body is not able to properly cool itself.

Symptoms of a heat stroke include:

- High body temperature (103F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

If you or another person is having a heat stroke, call 911 immediately, move the person to a cooler place, and help lower the person's temperature with cool clothes or a cool bath.

Symptoms of heat exhaustion include:

- Heavy sweating
- Cold, pale, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Headache
- Tiredness/weakness
- Fainting (passing out)

If you or a person is experiencing heat exhaustion, move to a cool place, loosen your clothes, put cool, wet clothes on your body, and sip water. Get medical help if you are throwing up, symptoms get worse and last more than 1 hour.

### Ways to Stay Cool

#### **Stay Cool**

- Wear lightweight, light colored, loose-fitting clothing.
- Limit outdoor activity to when it's coolest, like morning and evening hours.
- Cut down on exercise during the heat.
- Never leave infants, children, or pets in a parked car, even if the windows are cracked.
- Avoid hot and heavy meals – they add heat to your body.

#### **Stay Hydrated**

- Drink more fluids, especially water. Do not wait until you are thirsty.
- Stay away from sugary and alcoholic drinks.
- Keep your pets hydrated too and leave the water in a shady area.

#### **Keep Cool in Your Home**

- Stay in an air-conditioned place as much as possible. If your home does not have air-conditioning, go to a shopping mall or public library.
- Take a cool shower or bath.
- Use your stove and oven less to maintain a cooler temperature in your home.
- Cover windows with drapes or shades.

For more information visit: <https://health.morriscountynj.gov/public/preparedness/> or contact your local health department.