Take measures to stay cool, remain hydrated and keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can’t compensate for it and properly cool you off. The main things affecting your body’s ability to cool itself during extremely hot weather are:

- **High humidity.** When the humidity is high, sweat won’t evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, poor circulation, sunburn and alcohol can play a role in whether a person can cool off enough in very hot weather
- **Medications:** such as the following can increase the risk of heat-related illness:
  - Psychotropics, such as haloperidol or chlorpromazine
  - Medications for Parkinson’s disease
  - Tranquilizers such as phenothiazines, butyrophenones, and thiozanthenes
  - Diuretic medications, often called “water pills”

Those who are at highest risk include people 65 and older, children under 2 years old, and people with chronic diseases. People at greatest risk for heat-related illness can take the following protective actions to prevent illness:

- Stay in air-conditioned buildings as much as possible. Contact your local health department to locate an air-conditioned shelter in your area. Air-conditioning is the number one protective factor against heat-related illness and death.
- Drink more water than usual and don’t wait until you’re thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don’t use the stove or oven to cook—it will make you and your house hotter.

**Heat and Infants and Children**

Infants and young children rely on others to keep them cool and hydrated when it’s hot outside.

- Never leave infants or children in a parked car, even if the windows are open. Even when it feels cool outside, cars can heat up to dangerous temperatures very quickly. Leaving a window open is not enough—temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Make sure they’re drinking plenty of fluids. Stay away from really cold drinks or drinks with too much sugar.

**Remember the Pets**

- Pets need to be well hydrated and cool too
- Do not leave pets alone in parked cars

**Everyone should take these steps to prevent heat-related illnesses, injuries and deaths during hot weather:**

- Wear loose, lightweight, light-colored clothing, and sunscreen.
Stay in an air-conditioned space as much as possible.
Drink plenty of fluids even if you don’t feel thirsty.
Schedule outdoor activities carefully, pace yourself and wear sunscreen.
Take cool showers or baths to cool down.

**Heat Stroke**
Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body’s temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

The warning signs of a heat stroke are: an extremely high body temperature (above 103°F), red, hot, and dry skin (no sweating), rapid, strong pulse, throbbing headache, dizziness, nausea, confusion and in some cases unconsciousness.

**What should be done if someone shows the warning signs of heat stroke?**
- Have someone call for immediate medical assistance while you begin cooling the victim.
- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, spray the victim with cool water from a garden hose, sponge the person with cool water, etc.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.

**Heat Exhaustion**
Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, those with high blood pressure and those working or exercising in a hot environment.

The warning signs of heat exhaustion are: heavy sweating, paleness, muscle cramps, tiredness/weakness, dizziness, headache, nausea, vomiting and fainting.

**What steps can be taken to cool the body during heat exhaustion?**
- Drink cool nonalcoholic beverages
- Rest
- Take a cool shower, bath, or sponge bath
- Seek an air-conditioned environment

**Informative Website:**

www.CDC.gov