HEATWAVES
CARING FOR THE VULNERABLE

- Keep rooms as cool as possible
- Use shades to cover windows; maintain cross air ventilation.
- Avoid fans if rooms over 90-95°F
- Find alternative shelter in cooling centers if needed
- Do not leave children or pets in cars

STAY HYDRATED:
- Make sure that they are drinking lots of water
- Avoid sugary drinks and alcohol

If shut in, check in regularly; 2x a day

Make sure that all medications are taken in usual way unless advised by health care provider otherwise

Cool down with showers or wet cool towels

Dress in loose cotton clothing; If outside wear wide brimmed hat

Make sure that person is alert and not confused.
If there are changes, CALL 911

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