

Please take precautions to protect yourself and others from heat-related illness—especially children, older adults, and those with chronic conditions.

Know the Signs of Heat-Related Illness:

- **Heat Cramps:** Painful muscle spasms due to heat and dehydration. Rest briefly in a cool area and drink clear juice or a sports drink with electrolytes. Do gentle, range-of-motion stretching and gently massage the affected muscle group. If you don't begin to feel better within an hour, seek prompt medical attention.
- **Heat Exhaustion:** Sweating, pale skin, weakness, nausea, fast pulse. Move to a cool area, rest, hydrate, and apply cool cloths. If you don't begin to feel better within one hour, seek prompt medical attention.
- **Heat Stroke:** Body temp above 104°F, confusion, hot dry skin, no sweating. **Call 911 immediately.** Move to shade, apply ice packs. Do not give fluids if unconscious.

Ways to Stay Cool and Safe:

- Drink water or low-sugar electrolyte drinks.
- Avoid sugary drinks, caffeine, and alcohol.
- Eat fruits and veggies with high water content (e.g., watermelon, cucumber).
- Wear lightweight, light-colored clothing.
- Limit time outdoors between 10 a.m. and 4 p.m.
- Take breaks and use cool water to stay refreshed.
- Never leave people or pets in parked cars.