

HEAT EXHAUSTION

Heavy sweating
Weakness
Skin cold pale and clammy
Weak pulse
Fainting
Vomiting

WATCH FOR THE SIGNS

Seek medical care **immediately** if you or someone you know experiences symptoms of heat sickness. Warning signs and symptoms vary but may include:

High body temperature
(103°F or higher)
Hot, dry skin
Rapid and strong pulse
Possible unconsciousness

HEAT STROKE

IT'S **HOT** OUTSIDE

Extremely hot weather can cause sickness or even death.

STAY COOL. Spend time in air-conditioned buildings and avoid direct contact with the sun.

STAY HYDRATED. Drink plenty of water and don't wait until you're thirsty to drink more.

STAY INFORMED. Check the local news for health and safety updates.

KNOW WHEN IT'S HOT!

Sign up to receive free weather alerts to your phone or e-mail at www.weather.com



Call the
Department of
Health and Family
Support
612-673-2301.

If you need this material in an alternative format call Minneapolis Department of Health and Family Support at 612-673-2301 or email health.family.support@ci.minneapolis.mn.us. Deaf and hard-of-hearing persons may use a relay service to call 311 agents at 612-673-3000. TTY users may call 612-673-2157 or 612-673-2626. **Attention:** If you have any questions regarding this material please call 612-673-2301. **Ceeb toom.** Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu 612-673-2800; **Atención.** Si desea recibir asistencia gratuita para traducir esta información, llame 612-673-2700; **Ogow.** Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la' aan wac 612-673-3500

IT'S **HOT** OUTSIDE

STAY COOL.
STAY HYDRATED.
STAY INFORMED.

Check on the **elderly**, or anyone that is 65 or older, to make sure they are safe by staying cool, hydrated, and informed.

Those living with a chronic medical condition are less likely to sense and respond to changes in temperature. They may also be taking certain medicines that intensify the effects of extreme heat.

During an extreme heat event, check on at-risk friends, family, and neighbors twice a day. Encourage them to:

- Check on a friend or neighbor, and have someone do the same for you.
- Avoid using the stove or oven to cook.
- Wear loose, lightweight, light-colored clothing.

FOR MORE INFORMATION



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Department of
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612-673-2301.

www.extremeheat.org

WHO NEEDS SPECIAL CARE?

The elderly, people living with chronic medical conditions, children, homeless or poor, outdoor workers, and athletes are most at-risk to heat sickness.



People who **don't have air conditioning** should take advantage of public spaces that do, such as libraries or retail shopping centers, during times of extreme heat.

Never leave **infants, children, or pets**

in a parked car, even if the windows are cracked open.



Athletes and people who exercise

in extreme heat are more likely to become dehydrated and susceptible to heat sickness.

- Limit outdoor activity.
- Schedule workouts and practices earlier or later in the day.
- Start activities slow and pick up the pace gradually.
- Drink two to four cups of water every hour while exercising. Muscle cramping is an early sign of heat sickness.

STOP
all activity and get to a cool environment if you feel faint or even weak.

Outdoor workers

are more likely to become dehydrated and susceptible to heat sickness.

- Drink two to four cups of water every hour while working.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen. Sunburn is a first sign of heat sickness.
- Ask if jobs can be scheduled for earlier or later in the day to avoid midday heat.