

ARE YOU PREPARED FOR AN EMERGENCY?

Heat Cramps

Usually occurs during strenuous activity. The body's salt and fluid levels are depleted by excessive sweating. Rest and drink fluids (water or electrolyte containing sports drinks).

If symptoms don't improve, seek medical attention



Heat Exhaustion

More serious than heat cramps. Symptoms can include headache, nausea, profuse sweating, dizziness, or weakness. Stop activity, give fluids if able, and seek medical attention to include calling emergency services if severe



Heat Stroke

Most serious of heat-related injuries which can be fatal. Symptoms can include very high body temperature, confusion, altered mental status, loss of consciousness, slurred speech, and seizures. Hot, dry skin or profuse sweating can occur.

Call emergency services immediately



TIPS FOR SURVIVING EXTREME HEAT

- Never leave children or pets unattended in cars
- Keep your pets and children hydrated
- Limit sun exposure during extreme temperatures
- Don't wait until you're thirsty to drink and avoid very sugary and alcoholic beverages
- Wear loose, temperature appropriate clothing and a wide brimmed hat