

# What to do when Extreme Heat Hits



**When temps rise, get inside and stay hydrated!**

## Steps to Cool the Body Down

- Drink cool, non-alcoholic beverages
- Rest inside or in a shady area
- Take a cool shower or bath
- Seek an air-conditioned environment
- Wear lightweight clothing

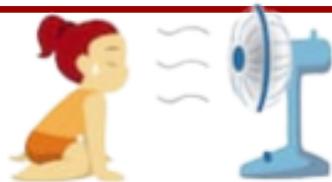


## Warning Signs of a Heat Stroke

- An extremely hot body temp
- Red, hot, and dry skin (no sweating)
- Rapid and strong pulse
- Throbbing headache
- Dizziness, Confusion and Nausea
- Unconsciousness



**Never leave anyone in a closed vehicle and rest often and protect yourself from the sun.**



## Heat-Related Illness

Heat-related illnesses are preventable. Learn the symptoms and what to do if you or a loved one shows signs of having a heat-related illness.