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

Public Health
Seattle & King County

www.kingcounty.gov/health

IT'S HOT OUTSIDE

STAY COOL.

STAY HYDRATED.

STAY INFORMED.

Check in on anyone who is ***65 or older*** to make sure they stay 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 very hot weather, check on at-risk friends, family and neighbors twice a day. Encourage them to:

- Check on a friend or neighbor too
- Avoid using the stove or oven to cook
- Wear loose, lightweight, light-colored clothing

FOR MORE INFORMATION

www.kingcounty.gov/health

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.

During times of extreme heat, many cities in King County offer ***cooling centers*** or other air-conditioned shelters for those who need them.

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.