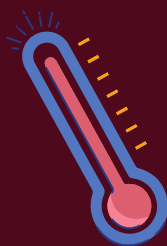


HEAT RELATED-ILLNESSES

WHAT IS EXTREME HEAT?

- Temperatures that are more hotter and/or more humid
- Humid and muggy conditions can make it seem hotter than it really is



ASSOCIATED ILLNESSES

- Heat Stroke
- Heat Exhaustion
- Heat Cramps
- Sunburn
- Heat Rash



WHO IS AT RISK?

- Older adults
- Infants/children
- Chronic conditions
- Low socioeconomic status
- Healthy people participating in strenuous activities
- Outdoor workers



COMMON SYMPTOMS

- Headache
- Dizziness
- Redness
- Burning/paining skin
- Fast/weak pulse
- Heavy sweating
- Elevated body temperature
- Nausea/vomiting
- Cramps
- Tired/weak

WHAT SHOULD YOU DO?

- Call 911 or local emergency phone number
- Move person/s to cooler place
- Loosen tight clothing
- Place wet towels on body
- Stay hydrated!



- Wear a hat
- Wear sunscreen
- Limit your time outdoors
- Lookout for your pets
- Stay informed

SOURCE: <https://www.cdc.gov/disasters/extremeheat/index.html>