Heavy sweating
Weakness
Cold, pale, clammy skin
Fast, weak pulse
Nausea or vomiting
Fainting

STAY COOL. Stay in air-conditioned buildings as much as possible and avoid direct sunlight.

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

STAY INFORMED. Stay updated on local weather forecasts so you can plan activities safely when it’s hot outside.

KNOW WHEN IT’S HOT!
Check local news for extreme heat alerts and safety tips.

www.cdc.gov/nceh/extremeheat
During an extreme heat event, check on at-risk friends, family, and neighbors at least 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.

**WHO NEEDS SPECIAL CARE?**

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

**FOR MORE INFORMATION**

[www.cdc.gov/nceh/extremeheat](http://www.cdc.gov/nceh/extremeheat)

**Stop all activity and get to a cool environment if you feel faint or weak.**

- Athletes and people who exercise in extreme heat are more likely to become dehydrated and are more likely to get heat sickness.
  - Limit outdoor activity, especially midday when it is the hottest part of the day.
  - Schedule workouts and practices earlier or later in the day to avoid midday heat.
  - Pace activity. Start activities slowly and pick up the pace gradually.
  - Drink from two to four cups of water every hour while exercising. Muscle cramping may be an early sign of heat sickness.

- People who work outdoors are more likely to become dehydrated and are more likely to get heat sickness.
  - Drink from two to four cups of water every hour while working. Don’t wait until you are thirsty to drink.
  - Avoid alcohol or liquids containing large amounts of sugar.
  - Wear and reapply sunscreen as indicated on the package.
  - Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.