






Beat the Heat: Cooling Strategies to Stay Safe

Moving to an air-conditioned or shaded environment is always a good first step. Here are actions you can take with or without AC.

KNOW THE SIGNS	PLAN YOUR RESPONSE
<p>HEAT CRAMPS</p> <p>Heavy sweating Muscle cramps and spasms</p>	<p> Fans Useful for healthy adults up to 100° and individuals with chronic conditions up to 98°</p>
<p>HEAT EXHAUSTION</p> <p>Heavy sweating Dizziness Headache Fast, weak pulse Thirst Irritability Nausea</p>	<p> Cool Foot Bath Above ankles, 68° water</p> <p> Cool Shower 5-15 minutes</p> <p> Wet Clothing Repeat every 60 minutes</p>
<p>HEAT STROKE</p> <p>Hot dry skin Confusion Loss of consciousness Fast, strong pulse Body temperature of 103°</p>	<p> CALL 911</p> <p>Sip cool liquids if alert and awake</p> <p>Move to a cool environment, if possible, or wipe down with cool towels</p> <p><i>Heat stroke can cause death or disability without emergency treatment</i></p>