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.

**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 EXHAUSTION**

- Heavy sweating
- Weakness
- Skin cold pale and clammy
- Weak pulse
- Fainting
- Vomiting

**HEAT STROKE**

- High body temperature (103°F or higher)
- Hot, dry skin
- Rapid and strong pulse
- Possible unconsciousness

**KNOW WHEN IT’S HOT!**

Sign up to receive free weather alerts to your phone or e-mail at www.weather.com

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**Return to the main page.**

**www.kingcounty.gov/health**
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

**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.

**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.

**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.

FOR MORE INFORMATION

www.kingcounty.gov/health