STAY SAFE in the HEAT

On hot days in King County, many more people have serious health problems.

HEAT ILLNESSES
If someone can’t cool down quickly enough, they can get heat exhaustion. They might feel:
- Muscle cramps
- Dizziness or weakness
- Headache
- Nausea and vomiting

If you have symptoms, move to a cooler place, put your feet up, and drink water.

Heat stroke is very serious and can be deadly unless treated immediately. Watch for:
- Extremely high temperature
- Red, hot, and dry skin
- Rapid, strong heartbeat
- Mental confusion and unconsciousness

If someone has the symptoms of heat stroke, call 9-1-1! Move the person to a cooler place immediately.

Some people are at greater risk for heat stroke, problems, stroke, and kidney failure when it’s hot. These are the most common health problems on hot days!

Some health conditions make it more difficult for your body to cool down.

I have diabetes, so I track my blood sugar levels closely on hot days.

Certain medications can make you more sensitive to heat.

Talk to your doctor or clinician about whether your medications or health conditions put you at greater risk in the heat.

It’s harder to adjust to heat once you’re over 65.

Working outside puts me at risk.

This medication can make it harder for your body to stay hydrated and at a healthy temperature.

OK, I'll try to stay cool and drink more water.
STAY SAFE IN THE HEAT
Check on family and neighbors who may be more vulnerable to heat.

Children can also have heat exhaustion because they are so active and forget to drink water.

On hot days, keep children out of the direct sun during the hottest part of the day.

Time for a water break! And please put on a hat on!

Shade is OK!

NEVER leave babies, young children, or pets in a parked car, even with the window rolled down. Not even for a minute! Cars can get dangerously hot in seconds!

People who work outside should take frequent breaks to cool off.

Everyone, take a break!

WHAT TO DO TO COOL DOWN
Drinking water and other fluids often is important. Don’t wait until you’re thirsty.

Eat foods with a lot of water in them.

I have watermelon soup.

Play in fountains and sprinklers, go to the swimming pool, and stay in the shade.

I create my own shade.

Try to go somewhere with air conditioning on a hot day.

Community center
Mall
Library
Thank you for having me over on such a hot day.

Shaved ice with fruit is my hot weather treat!

www.kingcounty.gov/health/BeatTheHeat

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