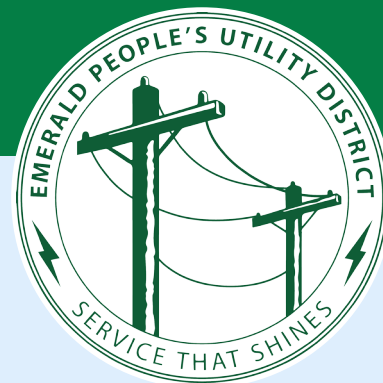


# SIZZLING SUN: Tips for Heat Safety



*Your best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.*

*Find more tips for surviving the sizzling summer sun at [www.epud.org](http://www.epud.org).*

## PRECAUTIONS TO TAKE WHEN OUTDOORS

1. Reschedule strenuous activities to early morning or evening.
2. Wear light weight and loose fitting clothing when possible and drink plenty of water.
3. Schedule frequent rest breaks in shaded or air conditioned environments.
4. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency – **call 911**.
5. Know the signs and symptoms of heat exhaustion and heat stroke.



## HEAT EXHAUSTION

### SYMPTOMS

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

### WHAT YOU SHOULD DO

Move to cooler location  
Lie down and loosen your clothing  
Apply cool, wet cloths to as much of your body as possible  
Sip water  
If you have vomited and it continues, seek medical attention immediately

## HEAT STROKE

### SYMPTOMS

- **High body temperature** (above 103 degrees)
- **Hot, red, dry or moist skin**
- **Rapid and strong pulse**
- **Possible unconsciousness**

### WHAT YOU SHOULD DO

Call 911 immediately—this is a medical emergency  
Move the person to a cooler environment  
Reduce the person's body temperature with cool cloths or even a bath  
DO NOT give fluids