

STAY COOL CAPITAL REGION

This heat season, remember to practice health safety.

Know the Warning Signs



Heat Exhaustion

- Faint or Dizzy
- Excessive Sweating
- Cool, Pale, & Clammy Skin
- Nausea or Vomiting
- Rapid, Weak Pulse
- Muscle Cramps

Get to a cooler, air conditioned place.
Drink water if fully conscious.
Take a cool shower or use cold compresses.



Heat Stroke

- Throbbing Headache
- May Show Signs of Confusion
- No Sweating
- Body Temperature Above 103°
- Red, Hot, & Dry Skin
- Rapid, Strong Pulse
- May Lose Consciousness

Call 911 and take action to cool the person until help arrives.

More information:
<http://bit.ly/capitalcool>



Weather-Appropriate Clothing

Wear loose, lightweight, light-colored clothing.



Stay Hydrated

Drink plenty of water. Talk to your doctor if you have fluid intake restrictions and/or are on medication.



Limit Unnecessary Outdoor Exposure

When outside during peak temperatures, **find shade, wear a hat, and use sunblock.**



Stay Cool

Seek refuge inside a cooling center (an air conditioned public space, i.e. public libraries or the mall).



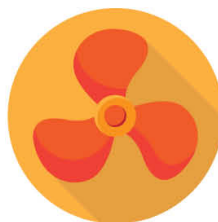
Cars Can be Deadly

Never leave a child, adult, or pet alone inside a vehicle on a warm/hot day. The temperature inside can quickly become deadly.



Be A Good Neighbor

During a heat event **check on family, friends, & neighbors** — especially if they live alone. Ask them about their own potential health risks.



Fan Use

Do not use fans when temperatures exceed 95°F. Fans create a false sense of comfort, but **do not** reduce body temperature, increasing your risk of heat-related illness.