PROTECT YOUR LOVED ONES

- Check in regularly with loved ones and neighbors, especially older adults, people with disabilities, pregnant people, people with underlying health conditions, people who live alone, and people without air-conditioning
- Help them find a cool place like a library, church or another neighbor's home
- Encourage them to drink water and stay hydrated
- Never leave children or pets alone in the car, even with the car running or windows open
- Know the signs of heat-related illness and call 911 if there is an emergency





STAY INFORMED!

Sign up for heat health alerts from NCDHHS and take extra care when there is a heat health alert.

Go to dph.ncdhhs.gov/nc-heat-health-alert-system or scan the QR code below.

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

www.ncdhhs.gov/divisions/dph • NCDHHS is an equal opportunity employer and provider. • 9/2026

KEEP YOUR COOL IN THE HEAT!

Learn how to beat the heat, stay cool and stay healthy during heat season.



RECOGNIZE
THE SIGNS AND SYMPTOMS

HEAT STROKE

- Hot dry skin
- Confusion
- Loss of consciousness
- Fast, strong pulse
- Body temperature of 103°



HEAT EXHAUSTION

- Heavy sweating
- Nausea
- Dizziness
- Headache
- Fast, weak pulse
- Thirst
- Irritability
- Weakness



RESPOND

HEAT STROKE

- ✓ **CALL 911 IMMEDIATELY!**
- ✓ Move to a cooler place
- ✓ Remove outer clothes
- ✓ Cool the body fast with a cold bath/shower
- ✓ Place cold wet cloths or ice packs on body

HEAT EXHAUSTION

- ✓ Move to a cooler place
- ✓ Loosen clothing
- ✓ Drink sips of water
- ✓ Place cold wet cloths on body and change frequently to keep cool
- ✓ Take a cold bath/shower
- ✓ Seek medical attention

PREVENT HEAT STRESS:
STAY COOL AND HYDRATED

Drink plenty of fluids and stay away from sugary or alcoholic drinks

Reduce outdoor activities

Stay in air conditioning as much as possible

Take cool showers or baths

Wear light colored, lightweight, loose-fitting clothing

In case of emergency
CALL 911 IMMEDIATELY

For more information about heat and ways to keep cool go to https://tinyurl.com/CDCextremeheat or scan the QR code.