

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.

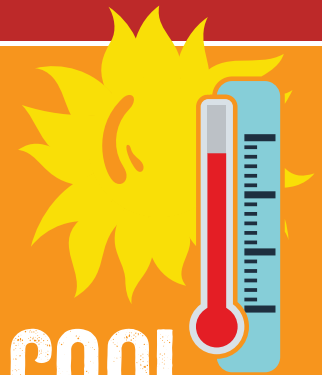
Go to dph.ncdhhs.gov/heat or scan the QR code below.



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**
Division of Public Health

www.ncdhhs.gov/divisions/dph • NCDHHS is an equal opportunity employer and provider. • 3/2026

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.