





## IN CASE OF EMERGENCY CALL 911

Sign up for heat-health alerts from NCDHHS at dph.ncdhhs.gov/nc-heat-health-alert-system

For more information go to https://tinyurl.com/CDCextremeheat

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Public Health

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## CHECK ON LOVED ONES AND NEIGHBORS

**CHECK IN REGULARLY** with loved ones and neighbors, especially older adults, people who live alone, and people without air-conditioning

Make sure they are **STAYING HYDRATED** and in a **COOL ENVIRONMENT**

Check for signs of **HEAT ILLNESS** and **CALL 911** if there is an emergency







## TIPS FOR PROTECTING YOURSELF

**WATCH FOR SYMPTOMS.** Know the signs of heat-related illness and what to do if you begin experiencing symptoms.

**SEEK AIR-CONDITIONING.** If you don't have air-conditioning and it's hotter than 95°F, go to a public building where it's cooler.

**LIMIT TIME OUTSIDE.** Avoid outdoor activity during the hottest parts of the day if possible. Wear light, loose clothing and take frequent breaks in shade or in air-conditioning.

**STAY HYDRATED.** Drink plenty of water throughout the day and don't wait until you're thirsty to drink. Avoid alcohol and caffeine.

**STAY INFORMED.** Stay updated on local weather forecasts so you can safely plan outdoor activities.

# HEAT ILLNESS

## SIGNS AND SYMPTOMS



## HEAT CRAMPS

- Heavy sweating
- Muscle cramps and spasms

## HEAT EXHAUSTION

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

## HEAT STROKE

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

# WHAT TO DO

## IF YOU SEE THE SIGNS/SYMPTOMS



- Stop physical activity
- Move to a cooler place
- Rest
- Drink water/electrolyte drinks

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

## Call 911 IMMEDIATELY

- Move to cooler place
- Remove outer clothes
- Cool the body quickly with a cold bath/shower
- Place cold wet cloths or ice packs on body