

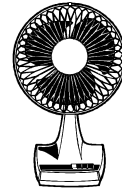
# WHEN IT'S VERY HOT, BE A BUDDY!

High heat can cause health problems, especially for older people, infants, young children and people with certain medical conditions. Be a buddy—check on your family, friends and neighbors every day.

- Are the windows open?



- Is there an air conditioner? If not, put a fan in or next to a window. Do not use a fan in a closed room without open windows or doors.



- Is there enough water to drink?



- Is the person wearing too many clothes?

## SIGNS OF HEAT STRESS

### Warning Signs →

- decreased energy
- loss of appetite, nausea
- lightheadedness, feels faint
- heavy sweating

### What to Do

Get the person to a cool place.  
Remove extra clothes.  
Give the person water.

### Serious Signs →

- rapid heartbeat
- throbbing headache
- dry skin (no sweating)
- muscle cramps
- confusion, anger, fighting
- trouble breathing
- vomiting and/or diarrhea
- unconscious or unresponsive

### What to Do

**Call 911.** This is a medical emergency. While waiting for help, move the person to a cool area. Remove extra clothes. Use water and a fan to cool the person.