Heat Stroke Prevention
When it is extremely hot outside, make sure to:

1. Stay hydrated
   - Avoid sugary drinks and alcohol
   - Don’t wait until you are thirsty to drink

2. Stay cool
   - Wear light clothes
   - Take showers to cool down
   - Avoid cooking
   - Stay in air conditioning if possible, go to mall or library if not

3. Stay safe
   - Don’t exercise in the heat
   - Seek shade, avoid direct sunlight
   - Go outside when it is cooler, in the early morning or evening
   - Don’t ignore the warning signs for heat exhaustion

Monitor those at higher risk:
- Infants
- Young children
- Age 65 or older
- Those who are ill
- Those who are in bed

Monitor for heat exhaustion
- Thirst/dehydration
- Irritable or grouchy
- Dizziness
- Lack coordination
- Unusual fatigue/tiredness
- Nausea and vomiting
- Stomach cramps
- Increased sweating or
- Cold clammy skin
- Muscle cramps
- Unusual ankle/leg edema
- Dark, smelly urine

Know that heat stroke is a medical emergency!
During a heat wave, if you experience or see somebody experience:
- High fever
- Confusion or coma
- Nausea & vomiting
- Racing heart
- Red and dry skin
- Muscle weakness

Call 9-1-1 right away!

For more information:
ClimatePsychiatry.org/heat-wave-resources