Know the signs and ways to treat heat-related illness

HEAT CRAMPS

- **Signs:** Muscle pains or spasms in the stomach, arms or legs

- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

HEAT EXHAUSTION

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting.

- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

HEAT STROKE

- **Signs:** Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; unconsciousness.

- **Actions:** Call 911 or get the person to the hospital immediately. Cool down with whatever methods are available until medical help arrives.

NEVER LEAVE KIDS OR PETS IN THE CAR!
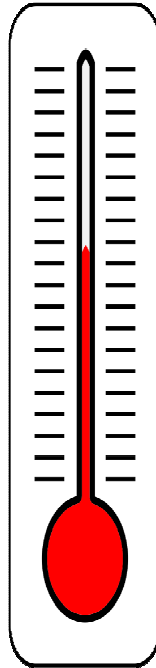
120°
Within just 30 minutes, the car's interior can climb from 85° to a scorching 120°.

102°
On an 85° day, it only takes ten minutes for the inside of your car to reach 102°.
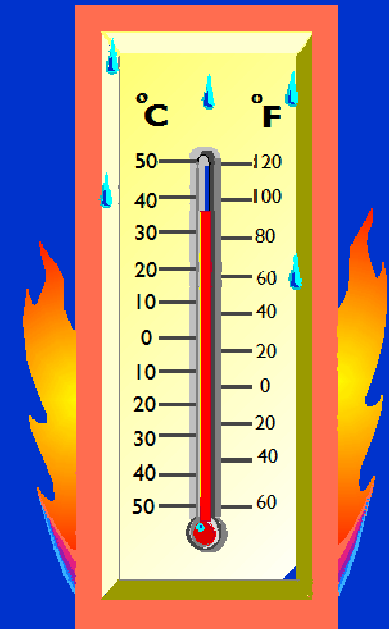
90°
Even if the temperature is only 70° outside, the inside of your car may be as much as 20 degrees hotter!

For a listing of cooling zones or for more information call 2-1-1.

United Way
2-1-1™
Get Connected. Get Answers.

Stanislaus County
Striving to be the Best

Beat the Heat
A Guide for Staying Safe when Extreme Heat Threatens
2018

°C   °F
50 — — 120
40 — — 100
30 — — 80
20 — — 60
10 — — 40
0 — — 20
10 — — 0
20 — — 20
30 — — 40
40 —
50 — — 60

Tips for how to Prepare Now, Be Safe During, and how to Recognize and Respond to heat-related illness.

HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:

More males than females are affected

Children

Older Adults

Outside Workers

WHERE:

Houses with little to no AC

Construction Worksites

Cars

During extreme heat the temperature in your car could be deadly!

PETS:

Keep Pets Safe in the Heat

- **Never leave your pets in a parked car**
- **Limit exercise on hot days**
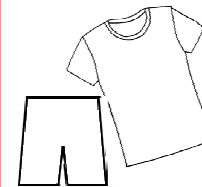- **Provide ample shade and water**

HOW to AVOID:

Stay hydrated with water, avoid sugary beverages.

Stay cool in an air conditioned area.

Wear light-weight, light colored, loose fitting clothes.

WHERE TO COOL OFF:

- **Libraries**
- **Shopping Malls**
- **Community Centers**
- **Community Pools**

For more resources and information call 2-1-1.

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