

EXTREME HEAT – INDIVIDUALS MOST AT RISK

1. People Aged 65 Years or Older

People aged 65 years or older are less likely to sense and respond to changes in temperature. People in this category must be given and reminded of the following information.

Closely monitor people who depend on you for their care:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they know how to keep cool?

- Stay in air-conditioned buildings as much as possible. Contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Check the local news for health and safety updates.
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

2. Infants and Children

Infants and young children are sensitive to the effects of extreme heat, and must rely on other people to keep them cool and hydrated.

- Never leave infants or children in a parked car. Nor should pets be left in parked cars—they can suffer heat-related illness too.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Seek medical care immediately if your child has symptoms of symptoms of heat-related illness.

3. People with a Chronic Medical Condition

People with a chronic medical condition are less likely to sense and respond to changes in temperature. Also, they may be taking medications that can worsen the impact of extreme heat. People in this category need the following information.

- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor, and have someone do the same for you.
- Check the local news for health and safety updates regularly.
- Don't use the stove or oven to cook—it will make you and your house hotter.

- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Seek medical care immediately if you or someone you know experiences symptoms of heat-related illness.

4. Outdoor Workers

People who work outdoors are more likely to become dehydrated and are more likely to get heat-related illness.

- Drink from two to four cups of water every hour while working. Don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.
- Wear a brimmed hat and loose, lightweight, light-colored clothing.
- Spend time in air-conditioned buildings during breaks and after work.
- Encourage co-workers to take breaks to cool off and drink water.
- Seek medical care immediately if you or a co-worker has symptoms of heat-related illness.
- Stop all activity and get to a cool environment if you feel faint or weak.

5. Athletes

People who exercise in extreme heat are more likely to become dehydrated and get heat-related illness.

- Limit outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Schedule workouts and practices earlier or later in the day when the temperature is cooler.
- Pace activity. Start activities slow and pick up the pace gradually.
- Drink more water than usual and don't wait until you're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Monitor a teammate's condition, and have someone do the same for you.
- Wear loose, lightweight, light-colored clothing.
- Seek medical care immediately if you or a teammate has symptoms of heat-related illness.
- Stop all activity and get to a cool environment if you feel faint or weak.

