



# What Should I Do During an Extreme Heat Event?

## Do



Use air conditioners or spend time in air-conditioned places, such as cooling centers, malls, or libraries.



Use electric fans to provide comfort when the temperature is below 95°F.<sup>18</sup> Fans can make sweat evaporate more quickly from your body. More evaporation means more heat can leave your body.



Take a cool shower or bath to help cool off.



Minimize direct exposure to the sun.



Stay hydrated—drink water or beverages **without** caffeine, sugar, or alcohol throughout the day.



Eat light, cool, and easy-to-digest foods such as fruit or salads.



Wear loose-fitting, light-colored clothes.



Know the symptoms of heat-related illnesses and the appropriate responses.



Check the local news for health and safety updates.<sup>13</sup>

## Don't



Leave children, pets, or persons with mobility problems alone in cars for **any amount of time**.



Drink alcohol to try to stay cool.



Use the stove or oven to cook—it will make you and your house hotter.<sup>13</sup>



Eat heavy, hot, or hard-to-digest foods.



Wear heavy, dark clothing, which absorbs heat from the sun.



Exercise outdoors during the hottest hours of the day (usually 10 a.m. to 5 p.m.).



Use an electric fan when the temperature is over 95°F. When the temperature is in the mid-90s or higher, electric fans will not prevent heat-related illness.

### *Help Others Cope with Extreme Heat*

- Check on **older, sick, or disabled people**, including neighbors, family members, or friends who may need help responding to the heat. Be sure to check on those who live alone to ensure that they stay hydrated and cool. Some chronic conditions, such as diabetes or kidney disorders, can be made worse by heat exposure, and individuals affected by those conditions should be closely monitored in an extreme heat event.<sup>5</sup>
- Call your local public officials if you see **homeless people** in need of help. In some places, the non-emergency services hotline is 311, but check your local availability. Homeless people can be at great risk during extreme heat events,<sup>19</sup> especially if they are elderly or disabled, struggle with alcohol or drug addiction, or suffer from medical conditions such as diabetes, high blood pressure, or mental illness.
- Limit strenuous outdoor activity for **young children**, and make sure they take regular water breaks when playing outside. If possible, bring outdoor activities inside.
- Schedule workouts for **athletes** earlier or later in the day when the temperature is cooler. If possible, limit outdoor activity or bring outdoor events inside.
- If you are an **athlete or work outside**, monitor your teammates or co-workers, and watch for symptoms of heat-related illnesses.