



Extreme Heat

Keeping Yourself Cool and Safe



High temperatures can be very dangerous and cause a number of negative health outcomes. The bad news is that high temperature events during the summer months are happening more often, but the good news is that there are things you can do to help keep yourself safe when the temperatures run high.

Keep Cool Indoors

- Whenever possible, stay inside air-conditioned buildings. If air conditioning is not available, try and find a public place you can go to with air-conditioning, such as the public library. Even a few hours of air-conditioning a day can help
- Don't rely on a fan as your only way of cooling yourself. A fan alone is not enough during a high heat event at keeping you cool
- Make sure to stay hydrated! Drink plenty of water, even if you're not thirsty
 - If you have a medical condition that limits how much water you can drink, talk to your doctor about what you can do to stay hydrated
- Don't use a stove or an oven to cook, since both might increase the temperature in your own home
- Make sure to use the buddy system! Check in on your friends and neighbors and make sure they are staying safe and ask them to do the same for you. Check on those who are high risk (see below) at least twice a day!
- Monitor yourself for the symptoms of heat related illnesses. See the related pdf from the CDC about the danger signs and don't hesitate to get medical help if your symptoms become severe
- Take cool showers or baths
- Avoid wearing hot and heavy metal objects



Keep Cool Outdoors

- Limit how much time you spend outdoors, especially when the sun is hottest (such as at midday)
- Remember to use sunscreen! (See the May Health Tips for 2022 on Sun Safety for more details)
- Wear loose, lightweight, and preferably light-colored clothing. Avoid darker colors, as these absorb more heat
- Avoid drinking ice-cold water when performing outdoor activities, as that can lead to stomach cramps
- Pace yourself and limit strenuous activities
- If the humidity is high, your sweat might not be enough to keep yourself cool. But even if it can, you'll need to keep yourself hydrated
- Drink a sports drink to replenish your salts and minerals.
Avoid sugary drinks
 - Talk to your doctor if you have a medical condition that limits the sorts of salts you can have



General Tips

- Stay away from drinks with too much sugar or alcoholic content, as both of these can make it harder to stay hydrated
- Never leave children or pets alone in a car
- Make sure to stay up to date with local health news and warnings in your area
- Remember to keep your pets hydrated, too! If you leave out water for them outside, make sure to place the water dish or bowl in a shaded area
- Keep a close eye on friends, family, or neighbors who are at high risk, and take special care if you yourself are at high risk. High risk individuals include:
 - Infants and/or young children
 - People over/at the age of 65
 - People who are overweight
 - People who exert themselves during work or exercise
 - People with certain medical conditions, especially diabetes, heart disease, or high blood pressure
 - People taking certain medications, such as for depression, insomnia, or poor circulation

Useful Links

The CDC's FAQ Factsheet for Extreme Heat:

<https://www.cdc.gov/disasters/extremeheat/faq.html>

The CDC's tips on staying safe in extreme heat:

<https://www.cdc.gov/disasters/extremeheat/heattips.html>

The CDC's general information regarding extreme heat:

<https://www.cdc.gov/nceh/features/extremeheat/index.html>

The CDC's general advice for athletes:

<https://www.cdc.gov/disasters/extremeheat/athletes.html>

The CDC's guidance for outdoor workers:

<https://www.cdc.gov/disasters/extremeheat/workers.html>