STAY SAFE in the HEAT

On hot days in King County, many more people have serious health problems.

HEAT ILLNESSES

If someone can't cool down quickly enough, they can get **heat exhaustion**. They might feel:

- Muscle cramps
- Dizziness or weakness
- Headache
- Nausea and vomiting

If you have symptoms, move to a cooler place, put your feet up, and drink water.

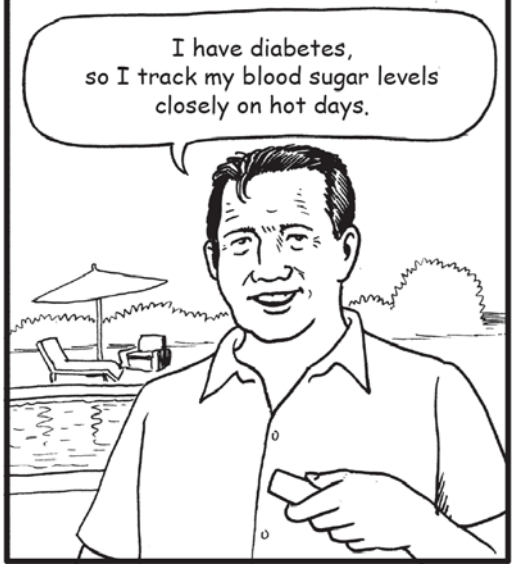
Heat stroke is very serious and can be deadly unless treated immediately. Watch for:

- Extremely high temperature
- Red, hot, and dry skin
- Rapid, strong heartbeat
- Mental confusion and unconsciousness

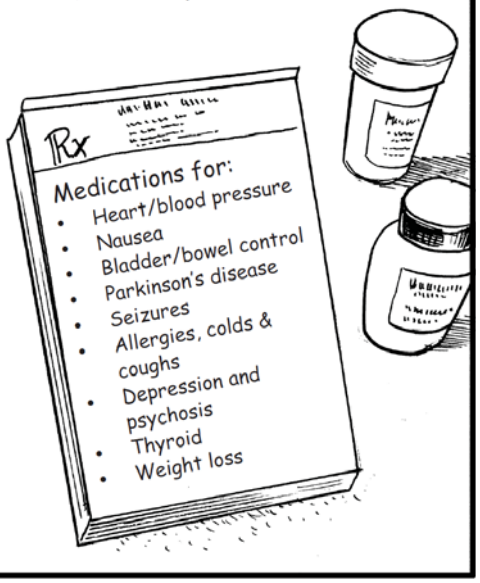
If someone has the symptoms of heat stroke, **call 9-1-1!** Move the person to a cooler place immediately.

Some people are at greater risk for heart problems, stroke, and kidney failure when it's hot. These are the most common health problems on hot days!

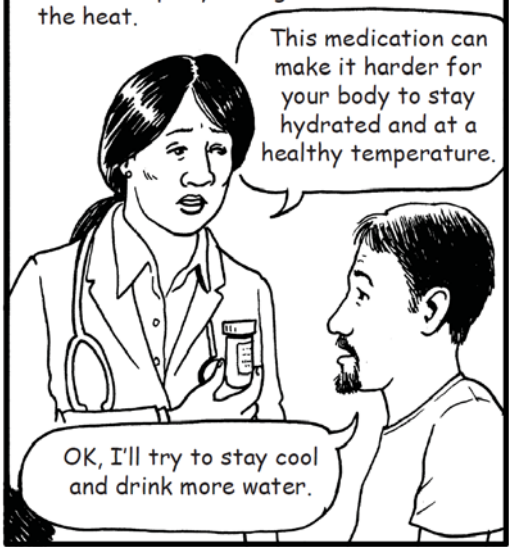
Some health conditions make it more difficult for your body to cool down.



Certain medications can make you more sensitive to heat.



Talk to your doctor or clinician about whether your medications or health conditions put you at greater risk in the heat.

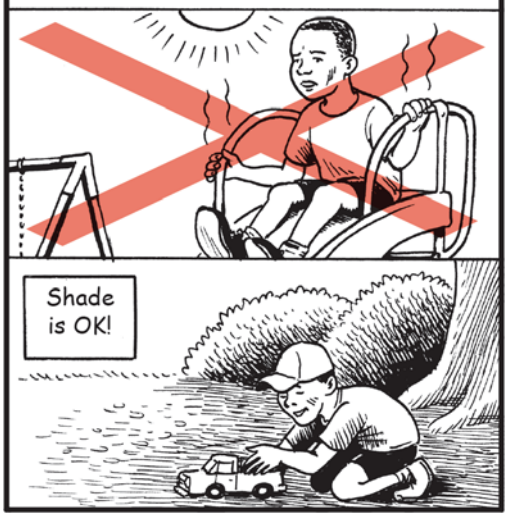


STAY SAFE IN THE HEAT

Check on family and neighbors who may be more vulnerable to heat.

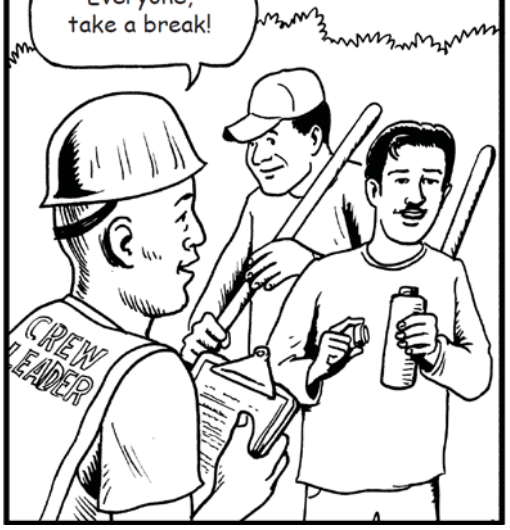
Children can also have heat exhaustion because they are so active and forget to drink water.

On hot days, keep children out of the direct sun during the hottest part of the day.



NEVER leave babies, young children, or pets in a parked car, even with the window rolled down. Not even for a minute! Cars can get dangerously hot in seconds!

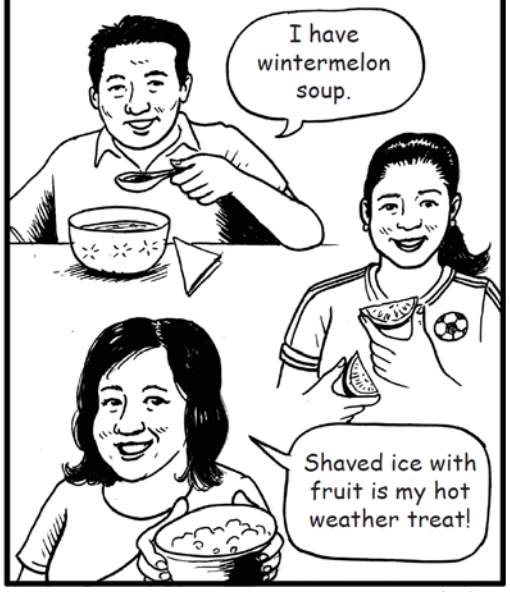
People who work outside should take frequent breaks to cool off.



WHAT TO DO TO COOL DOWN

Drinking water and other fluids often is important. Don't wait until you're thirsty.

Eat foods with a lot of water in them.



Play in fountains and sprinklers, go to the swimming pool, and stay in the shade.

Try to go somewhere with air conditioning on a hot day.

For more information: www.kingcounty.gov/health/BeatTheHeat

DEPARTMENT OF ENVIRONMENTAL & OCCUPATIONAL HEALTH SCIENCES
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