

Tips to Beat the Heat



Extreme heat can be deadly, but you can help to stay safe by taking simple actions.

People most at risk

Older Adults; Infants and Children; People who are pregnant; People with disabilities; People with chronic conditions (heart disease, mental illness, poor blood circulation, and obesity); Outdoor workers; People with lower incomes; People without access to air-conditioning; People experiencing homelessness; Athletes

Drink plenty of water

- Drink plenty of water. Don't wait until you're thirsty to drink. Avoid sugary, caffeinated or alcoholic drinks.
- Note your urine color; dark yellow may indicate you are not drinking enough water.
- Sweating removes salt and minerals from your body. Eat a snack to recharge.



Keep cool

- Stay in an air-conditioned place as much as possible, such as a shopping mall, public library, or cooling center. If you do not have access to air conditioning, it may be cooler outside in the shade than indoors.
- Wear lightweight, light-colored, loose-fitting cotton clothing. If you cover a baby stroller, use a wet, thin cloth.
- Take cool showers or baths, wet your skin using a damp cloth or spray, or soak your cotton clothing in water to help cool down.



Stay connected

- Check on your neighbors who may need help to stay cool.
- Never leave children, adults, or pets in a vehicle unattended.
- Stay informed of excessive heat watches and warnings in your area.



If you must work outside

- Limit your outdoor activities to the cooler morning or evening hours.
- Drink plenty of water. Don't wait until you're thirsty to drink.
- Take frequent breaks in the shade or in air conditioning. Use the buddy system and check in on each other often.

Call 211 if you need help finding or getting to heat a relief site.

Llame al 211 si necesita ayuda para encontrar o llegar a un sitio de alivio del calor.



Act fast if you see signs of heat illness

Heat Stroke: Signs

- Very high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Upset stomach
- Confusion
- Passing out

What to Do

Get medical help immediately! While waiting for medical attention, help the person. Move the person to a shady area or indoors. Do not give the person fluids.

Cool the body by:

- Placing person in a cool (not cold) bath or shower
- Spraying with a garden hose
- Sponging with cool water
- Fanning
- Continue efforts to cool the person until help arrives or his or her body temperature falls below 102°F and stays there.

Heat Exhaustion: Signs

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Upset stomach or vomiting
- Fainting

What to Do

Get medical help if symptoms get worse, last longer than one hour, or if the person has heart problems or high blood pressure.

Cool the body with:

- Cool, nonalcoholic beverages
- Rest
- A cool (not cold) bath, shower, or sponge bath
- Moving to an airconditioned room
- Wearing lightweight clothing

To learn more, download the free Red Cross First Aid and Emergency apps from your app store. Available in English and Spanish.



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