

# HOW TO STAY SAFE

## WHEN EXTREME HEAT THREATENS

### Recognize +RESPOND

Know the signs and ways to treat heat-related illness.

#### Heat Cramps

- **Signs:** Muscle pains or spasms in the stomach, arms, or legs.
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool water or sports drinks with salt and sugar. **Get medical help if cramps last more than an hour.**

#### Heat Exhaustion

- **Signs:** Heavy sweating, pale, muscle cramps, tired, weak, dizzy, headache, nausea or vomiting, and fainting.
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool water or sports drinks with salt and sugar. **Get medical help if symptoms get worse or last more than an hour.**

#### Heat Stroke

**Heat Stroke is a life threatening emergency!**

- **Signs:** Extremely high body temperature. Red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- **Actions:** Call 9-1-1 immediately. Cool down with whatever methods are available until medical help arrives.

### Be Safe

- **Drink plenty of fluids to stay hydrated.** If you or someone you care for is on a special diet or medications, call your doctor to see what would be best for you.
- **Wear loose, lightweight, light-colored clothing.**
- **Go to a Cooler location.** Find places with air conditioning if possible. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- **Check yourself, family members, neighbors and pets** for signs of heat-related illness.
- **GET HELP!** If you are unsure if you are suffering a heat related illness:
  - Call someone to help you- (family, friend, neighbor)
  - Call 9-1-1. Tell them where you are and what's wrong.

This information is provided for you by Oswego County Opportunitites, Oswego County Emergency Management Office, Oswego County Office for the Aging, and Oswego County Health Department.