

# EXTREME HEAT OVEREXPOSURE

## HEAT EXHAUSTION

Heat exhaustion occurs when the body overheats, often accompanied by dehydration. Can progress to heat stroke without proper treatment.

### KNOW THE SIGNS

- Heavy Sweating
- Weakness & Fatigue
- Fast, Weak Pulse
- Muscle Cramps
- Cold Chills
- Nausea
- Dizziness

### TREATMENT

- Rest in Shade or Air Conditioned Space
- Drink Water
- Remove Extra Clothing
- Wade in Shallow Water



## HEAT STROKE

Heat stroke can be fatal and requires immediate medical attention.

### KNOW THE SIGNS

- No Sweating
- High Body Temperature
- Fast, Strong Pulse
- Altered Mental State
- Throbbing Headache
- May Lose Consciousness
- Confusion

### TREATMENT

- CALL 911 IMMEDIATELY
- Take to the Hospital
- Apply Cold Compress
- Do Not Give Fluids

## //////////////////// TIPS FOR STAYING COOL //////////////////////

### STAY HYDRATED

Drink plenty of water and avoid caffeinated or alcoholic beverages.

### REST IN COOL SPACES

Take breaks in shaded or air conditioned spaces. Avoid strenuous outdoor activity.

### CHECK ON NEIGHBORS

Check in on elderly neighbors, children, and pets regularly during periods of extreme heat.

### USE FANS PROPERLY

Do **NOT** use fans when indoor temperature is >95°F as this can inhibit sweating (i.e. temperature regulation).

CALL THE SHELTER HOTLINE AT 202-399-7093 IF YOU SEE SOMEONE OUTSIDE EXPERIENCING HOMELESSNESS IN NEED OF SHELTER OR COOLING RELIEF FROM THE HEAT, OR CALL 911 IF THREAT TO SAFETY AND HEALTH IS IMMINENT.