



When it starts to get hot outside, there are important steps you can take to keep yourself and your friends and family safe. Beat the heat with these tips.

## Stay Cool

- Stay in the shade, in air-conditioning if you can, or in cool places such as basements.
- Wear lightweight, light-colored, loose-fitting clothing.
- Take cool showers.
- Use fans, but don't rely on them as the only way to stay cool.
- Go to public buildings that are air-conditioned.

## Stay Hydrated

- Drink more water than usual, especially if you are exercising or being active outdoors.
- Be proactive, don't wait until you are thirsty to drink water.
- Don't drink alcoholic and caffeinated beverages.

## Stay Informed

- Follow local weather and news reports.
- Sign up to for weather alerts at [vtalert.gov](http://vtalert.gov).
- Try out the National Weather Service Experimental Enhanced Hazardous Weather Outlook Map: [www.weather.gov/btv/ehwo](http://www.weather.gov/btv/ehwo).
- Check Health Department and Vermont Emergency Management social media.

Never leave children, people with disabilities or pets inside a parked vehicle when it's hot.

## Listen to Your Body

- Take it easy when it's hot.
- Reduce outdoor work and exercise and limit it to the cooler parts of the day.
- Ask for help if you feel sick.
- Stop what you are doing if you feel faint or weak.
- Be more cautious if you have a chronic health condition.

## Don't Be a Stranger

- Check on your loved ones and neighbors, especially if they are older or have chronic health conditions.
- Make sure they are drinking enough water and staying cool.
- Remind them to take heat seriously.

## Cool Your Home

- Draw shades to keep out the sun.
- Close windows during the day when it's hotter outside than inside.
- Open windows at night when it's cooler outside than inside.
- Use fans to blow in cooler outside air or vent out warmer inside air.
- Limit use of the stove, oven and other heat-generating appliances.

## Safety Tips for Communities

- Open cooling centers or other air-conditioned, publicly accessible places for those without air conditioning and for the homeless.
- Mobilize local care networks to check on people at high risk for heat illness.
- Limit or cancel outdoor job, school or extracurricular activities, including athletic practices, games and other outdoor events.

## Safety Tips for Employers

- Develop a plan for protecting the safety of outdoor workers on hot days.
- Provide water, rest and shade on hot days.
- Learn more: download training materials, posters, and the heat safety mobile app at [www.osha.gov/heat](http://www.osha.gov/heat).

## Know the Signs and Symptoms of Heat Illness

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Temperature above 103°F Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

- Drink water
- Take action to cool down:**
- Get to a shaded area or a cooler, air-conditioned place
- Take a cool shower or use cold compresses







### CALL 9-1-1

- Take immediate action to cool the person down until help arrives

*Adapted from the National Weather Service*

## Who is at Higher Risk?

**Everyone is at risk for heat-related illnesses, but some people are especially vulnerable:**

Adults over 65 (especially those living alone)	
Young children	
People with chronic medical conditions (like heart disease or diabetes)	
People taking certain medications (talk to your pharmacist)	
Outdoor workers, athletes and hobbyists	
People without access to air conditioning	

Find out more at: [healthvermont.gov/climate/heat](http://healthvermont.gov/climate/heat)