When it’s hot outside, keep yourself and others safe with these important tips. Never leave children, people with disabilities or pets inside a parked vehicle.

**Stay Cool**
- Stay in the shade, in air-conditioning if you can, or in cool places.
- 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.

**Stay Hydrated**
- Drink more water than usual, especially if you are 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 for weather alerts at vtalert.gov.
- Check Health Department and Vermont Emergency Management social media.

**Listen to Your Body**
- Take it easy when it’s hot.
- Limit outdoor work and exercise 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.

**Check on Loved Ones and Neighbors**
- Call them, 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 and open windows at night.
- 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 a cooling center by following the community cooling center guidance.
- 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.
- Provide water, rest and shade.

Know the Signs and Symptoms of Heat Illnesses

<table>
<thead>
<tr>
<th>Heat Exhaustion</th>
<th>Heat Stroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faint or dizzy</td>
<td>Throbbing headache</td>
</tr>
<tr>
<td>Excessive sweating</td>
<td>No sweating</td>
</tr>
<tr>
<td>Cool, pale, clammy skin</td>
<td>Temperature above 103°F</td>
</tr>
<tr>
<td>Nausea or vomiting</td>
<td>Nausea or vomiting</td>
</tr>
<tr>
<td>Rapid, weak pulse</td>
<td>Rapid, strong pulse</td>
</tr>
<tr>
<td>Muscle cramps</td>
<td>May lose consciousness</td>
</tr>
</tbody>
</table>

Drink water

Then 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

Then take immediate action to cool the person down until help arrives.

Who is at Higher Risk?

| Everyone is at risk for heat illness, but some people are at higher risk: |
|-----------------------------|-----------------------------|
| Adults over the age of 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 |

Adapted from the National Weather Service

Find out more at: healthvermont.gov/climate/heat