

# **Stay Safe When It's Hot Outside**

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 to for weather alerts at <u>vtalert.gov</u>.
- 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**

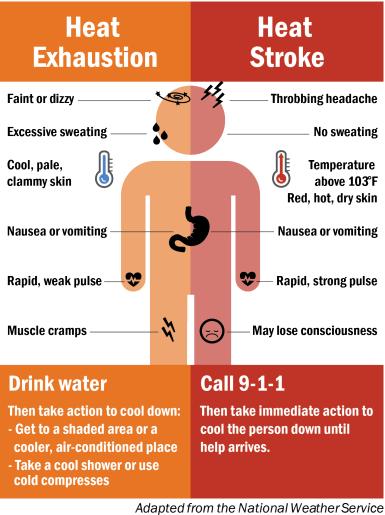
- Draw shades to keep out the sun.
- Close windows during the day and open windows at night.
- Use fans to blow in cooler outside air or vent out warmer inside air.
- Limit use of the stove, oven and other heat-generating appliances.

#### Safety Tips for Communities

- Open a cooling center by following the <u>community cooling center guidance</u>.
- 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 ٠ and other outdoor events.

#### **Safety Tips for Employers**

- Develop a plan for protecting the safety of outdoor workers. •
- Provide water, rest and shade.
- Download training materials, posters and the heat safety mobile app at www.osha.gov/heat.



#### **Know the Signs and Symptoms of Heat Illnesses**

#### 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)
Ř.	Outdoor workers, athletes and hobbyists
	People without access to air conditioning

# Find out more at: <u>healthvermont.gov/climate/heat</u>