

Stay Safe When It's Hot Outside

When it starts to get hot outside, there are important steps you can take to keep yourself and your friends and family safe.

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

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.

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.
- Check Health Department and Vermont Emergency Management social media.

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

- Call your loved ones and neighbors to check on 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 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.

Know the Signs and Symptoms of Heat Illness

Heat Exhaustion

Signs and Symptoms

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

What to do:

- Drink water.
- Try to cool down by getting to a shaded area, getting to a cooler, air-conditioned place, taking a cool shower, or using a cold compress.
- Call 9-1-1 if these symptoms worsen or continue after drinking water and trying to cool down.

Heat Stroke

Signs and Symptoms

- Throbbing headache
- No sweating
- Temperature above 103°F
- Red, hot, dry skin
- Nausea or vomiting
- Rapid, weak pulse
- May lose consciousness or signs of confusion

What to do:

- Call 9-1-1.
- Take immediate action to cool the person down until help arrives.