

# Stay Safe in HOT Weather!

Learn how to stay cool when the weather is HOT.

## People Most at Risk for Heat-Related Illnesses:

- People ages **65 and older**
- **Infants** and young **children**
- People who are **overweight**
- People who are **ill** or on certain **medications**
- People doing physical **activities**

## Protect Yourself:

-  Check-in with family, friends, and neighbors
-  Go somewhere with air conditioning
-  Stay hydrated by drinking lots of fluids (non-alcoholic & non-caffeinated)
-  Take a cool shower or a cool bath
-  Call the emergency phone numbers at the bottom of this flyer if needed

## Heat-Related Illnesses

People suffer heat-related illnesses when their bodies cannot cool themselves normally.

### Heat Exhaustion:

A mild heat-related illness that can occur after several days of being in high temperatures and not drinking enough fluids. If not treated, it may lead to heat stroke.

### The warning signs of Heat Exhaustion include:

- Heavy sweating
- Fast, weak pulse
- Fast, shallow breathing
- Paleness
- Muscle cramps
- Weakness
- Headache
- Dizziness
- Nausea or vomiting
- Fainting

### What to do:

- Call 911 if the symptoms are severe or the victim has heart problems or high blood pressure
- Rest
- Cool the victim (e.g., cool shower, bath, or sponge bath)
- Drink cool beverages

### Heat Stroke:

The most serious heat-related illness. It occurs when the body cannot control its temperature. The body loses its ability to sweat and cannot cool down. It can cause death or permanent disability if emergency treatment is not provided.

### The warning signs of Heat Stroke include:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Fast, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

### What to do:

- Call 911
- Get the victim to a shady area
- Cool the victim FAST (e.g., cool shower or bath)
- Do NOT give the victim fluids to drink



### Don't Forget:

- People exercising or playing sports when it is hot outside need to be extra careful
- Animals need special care and attention during times of extreme heat too

Some medications make it harder for your body to control its temperature, putting people taking those medications at higher risk for heat-related illnesses.

Some types of medications that increase the risk:

- Antidepressant drugs
- Antiparkinson drugs
- Psychiatric drugs



Some other medicines that also increase the risk:

- Some antihistamines (e.g., Benadryl and Chlortripolon)
- Over-the-counter sleeping pills (e.g., Nytol)
- Anti-diarrhea pills (e.g., Lomotil)

**This is not a complete list of all the medications that may affect body temperature.**

**Consult with a doctor, nurse, or pharmacist for more information.**

## Emergency Phone Numbers

Police .....	Dial 911
Fire .....	Dial 911
Ambulance .....	Dial 911
Washtenaw County Emergency Management Division .....	(734) 973-4900
Ann Arbor Office of Emergency Management .....	(734) 761-2425
Washtenaw County Public Health Department .....	(734) 544-6700
American Red Cross .....	(734) 971-5300
Salvation Army .....	(734) 668-8353

## Local Radio Stations that Broadcast Emergency Alerts

WEMU	89.1 FM
WWWW	102.9 FM
WQKL	107.1 FM
WTKA	1050 AM
WLBY	1290 AM

