

EXTREME HEAT OVEREXPOSURE

HEAT EXHAUSTION

Heat exhaustion occurs when the body overheats, often accompanied by dehydration. Can progress to heat stroke without proper treatment.

KNOW THE SIGNS

- Heavy Sweating
- Weakness & Fatigue
- Fast, Weak Pulse
- Muscle Cramps
- Cold Chills
- Nausea
- Dizziness

TREATMENT

- Rest in Shade or Air Conditioned Space
- Drink Water
- Remove Extra Clothing
- Wade in Shallow Water

HEAT STROKE

Heat stroke can be fatal and requires immediate medical attention.

KNOW THE SIGNS

- No Sweating
- High Body Temperature
- Fast, Strong Pulse
- Altered Mental State
- Throbbing Headache
- May Lose Consciousness
- Confusion

TREATMENT

- CALL 911 IMMEDIATELY
- Take to the Hospital
- Apply Cold Compress
- Do Not Give Fluids



//////////////////// TIPS FOR STAYING COOL //////////////////////

STAY HYDRATED

Drink plenty of water and avoid caffeinated or alcoholic beverages.

REST IN COOL SPACES

Take breaks in shaded or air conditioned spaces. Avoid strenuous outdoor activity.

CHECK ON NEIGHBORS

Check in on elderly neighbors, children, and pets regularly during periods of extreme heat.

USE FANS PROPERLY

Do NOT use fans when indoor temperature is >95°F as this can inhibit sweating (i.e, temperature regulation).

CALL THE SHELTER HOTLINE AT 202-399-7093 IF YOU SEE SOMEONE OUTSIDE EXPERIENCING HOMELESSNESS IN NEED OF SHELTER OR COOLING RELIEF FROM THE HEAT, OR CALL 911 IF THREAT TO SAFETY AND HEALTH IS IMMINENT.