

# Extreme Heat

## Stay Summer Safe



When the temperature rises and more people are enjoying outdoor summer activities, it is important to avoid dehydration and excessive exposure to the sun. The humidity also makes it harder to handle the hot temperatures.

### Who is at greatest risk for heat-related illness?



Older Adults



Individuals with Disabilities



Outside Workers



Children

### How to Avoid Heat-related Illness

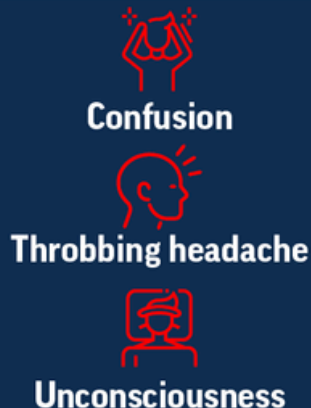
- Stay hydrated with water; avoid caffeine and alcohol.
- Wear loose-fitting, lightweight and light-colored clothing.
- Wear sunglasses and a wide-brimmed hat.
- Never leave children or pets in a vehicle unattended, even with the windows open.
- Instead of large meals, eat smaller meals more frequently.
- Limit strenuous outdoor activity, slow down and take frequent breaks.
- Check on individuals at greatest risk for heat illness.
- Limit outdoor activities from 10 a.m. - 2 p.m., and when the Air Quality Index (AQI) is greater than 100.
- Take a cool shower or bath.
- Electric fans may provide comfort, but when temperatures reach the high 90s, fans will not prevent heat-related illness.
- Spend time in an air-conditioned location, such as a public library or mall.

#### Heat Exhaustion



Weakness

#### Heat Stroke



Unconsciousness

Information on cooling centers in Anne Arundel County can be found by scanning the QR code or visiting:

[aacounty.org/cool](http://aacounty.org/cool)



Drink water, move to cooler, air-conditioned, or shaded space

**CALL 911**, loosen or dampen clothing, use cool compress on forehead and neck

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