

# Heat Related Illness

## Action Plan

- **Dress for success:** Wear protective clothes (light-colored clothing, hats, sunglasses, SPF-lined)
- **Protect your skin:** Wear sunscreen SPF  $\geq 30$ , (re-apply at least every 2 hrs and after swimming/sweating)
- **Limit Exposure:** Avoid outdoor activity during peak sun (10 am-4 pm) and seek out shaded areas
- **Be prepared:** Drink plenty of fluids to stay hydrated and take breaks often
- **Be aware** of symptoms of heat-related illness (headaches, muscle cramps, fevers, excessive sweating, dizziness, or confusion) and seek medical attention
- **Take care of each other:**
  - Check in on neighbors, elderly, etc.
  - Engage in your local community to create and spread awareness of cooling centers



## Did you know?

Climate change increases Earth's temperature. Cities are warmer compared to neighboring towns due to steel buildings, concrete and paved roadways absorbing heat. Hot temperatures impact children's physical and mental health and their ability to learn in school. Signs of heat-related health effects include feeling dizzy, dehydration, headaches, muscle cramps, difficulty focusing, increased irritability and more.

## Community Resources

Assess your risk by learning about the [heat index](#) and symptoms of heat related illness

Search for and visit [cooling centers](#) in your local community

Learn [more](#) about ways to prepare and be safe during extreme heat (12 languages available)

