

WATCH FOR THE SIGNS

Seek medical care immediately if you or someone you know has symptoms of heat-related illness.

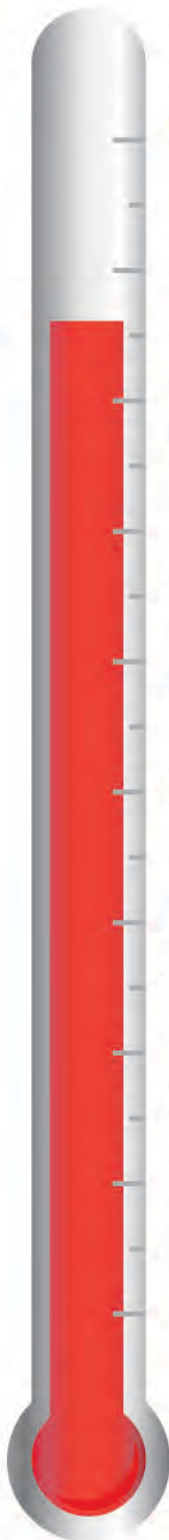
Warning signs and symptoms vary but may include:

HEAT EXHAUSTION

HEAVY SWEATING
WEAKNESS
COLD, PALE, CLAMMY SKIN
FAST, WEAK PULSE
NAUSEA OR VOMITING
FAINTING

HEAT STROKE

HIGH BODY TEMPERATURE
(ABOVE 103 F)
HOT, RED, DRY OR MOIST SKIN
RAPID AND STRONG PULSE
UNCONSCIOUSNESS



BEAT THE HEAT!

Extremely hot weather can cause sickness or even death.

KEEP COOL

Take cool showers or use a spray bottle to mist yourself with cool water and wear light colored and loose fitting clothing.

STAY HYDRATED

Drink plenty of water. Don't wait until you're thirsty to drink. Avoid alcohol or liquids containing large amounts of sugar or caffeine.

BE PREPARED

Check local news for extreme heat alerts and safety tips and stay updated on local weather forecasts so you can plan activities safely when it's hot outside. Also, check on a friend or neighbor, and have someone do the same for you.



CITY OF SAN ANTONIO
OFFICE OF EMERGENCY MANAGEMENT

SanAntonio.gov/emergency



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

SanAntonio.gov/health



BEAT THE HEAT!

KEEP COOL
STAY HYDRATED
BE PREPARED

If you need a place to cool off please visit a local shopping mall or designated cooling center such as a public library, community center, senior center or swimming pool.

SCAN THE CODE WITH YOUR PHONE TO LEARN MORE



When you are outdoors in extreme heat you are more likely to become dehydrated and are more likely to get heat sickness.

- Limit outdoor activity, especially mid-to-late afternoon when it is the hottest part of the day.
- Schedule tasks for earlier or later in the day to avoid mid-to-late afternoon heat.
- Pace activity. Start activities slowly and pick up the pace gradually.
- Drink two to four cups of water every hour while working. Don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar or caffeine.
- Wear and reapply sunscreen as indicated on the package.

STOP
all activity and get to a cool environment if you feel faint or weak.

WHO NEEDS SPECIAL CARE?

The elderly, children, low income, people with chronic medical conditions, outdoor workers and athletes are most at-risk to heat sickness.



People with a chronic medical condition are less likely to sense and respond to changes in temperature. Also, they may be taking medications that can intensify the effects of extreme heat. Ask your physician if you are at particular risk because of medication.



Remember to leave fresh water in the bowl for pets kept outdoors and provide as much shade as possible. Never leave pets in parked cars - they can suffer heat sickness too.

During an extreme heat event, check on at-risk friends, family, and neighbors at least twice a day. Encourage them to:

Drink plenty of water.

Avoid using the stove or oven to cook.

Wear loose, lightweight, light-colored clothing.

Check the **elderly**, or people aged 65 years or older, to make sure they are safe by staying cool, hydrated and informed.

Never leave infants or children in a parked car.

