

HEALTH & FIRST AID

Extreme Heat Safety

Plan access to a cool place, check on people who may need help, and act early when symptoms develop.

Confusion, collapse, seizures, or other signs of heatstroke require 911 and immediate cooling. Heatstroke can occur with sweating or dry skin.

Reduce exposure

- Check the heat forecast and local alerts. Move strenuous activity to a cooler time, reduce exertion, and take frequent breaks in a cool place.
- Wear light, loose clothing and sun protection. Drink water regularly; follow your clinician's advice if you have fluid restrictions or a condition that affects hydration.

Make a cooling plan

- Use air conditioning or go to an air-conditioned public location when home is too hot. Fans alone may not provide adequate protection during dangerous heat.
- Check on older adults, young children, people with chronic illness, and anyone without reliable cooling. Never leave a person or animal in a parked vehicle.

Respond to heat exhaustion

- Heavy sweating, weakness, headache, nausea, or dizziness can indicate heat illness. Stop activity and move to a cool place; loosen clothing and use cool, wet cloths.
- A fully alert person who can swallow may sip water. Seek medical help for vomiting, worsening symptoms, or symptoms that do not improve; call 911 for severe or concerning symptoms.

Treat suspected heatstroke as an emergency

- Call 911, move the person to a cooler location if safe, and cool them immediately with water, wet cloths, and available cooling measures while following dispatcher instructions.
- Stay with the person and monitor breathing. Do not give anything to drink to someone with suspected heatstroke, reduced alertness, or difficulty swallowing. Do not wait for a temperature reading to get help.

Sources & further guidance

[CDC: Heat-related illnesses](https://www.cdc.gov/heat/index.html) | [www.cdc.gov](https://www.cdc.gov/heat/index.html)

[CDC: Heat and your health](https://www.cdc.gov/heat/index.html) | [www.cdc.gov](https://www.cdc.gov/heat/index.html)

[National Weather Service: Heat cramps, exhaustion, and stroke](https://www.weather.gov/keokuk/heat) | [www.weather.gov](https://www.weather.gov/keokuk/heat)