ANTIDOTE

Stay safe, **Stay cool**
Your Guide to heat Relief



Whether you're spending time outdoors or staying inside, taking a few simple precautions can help you stay safe.

Heat Exhaustion

If you notice heavy sweating, weakness, cold/pale/clammy skin, fast but weak pulse, nausea, or fainting:

- ✓ **Move to a cooler place**
  Find air conditioning or deep shade immediately.
- ✓ **Cool down your body**
  Loosen clothing. Apply cool, wet cloths to your neck, wrists, and armpits. Take a cool bath if possible.
- ✓ **Hydrate smartly**
  Sip water slowly. Do not chug ice-cold water — it can cause stomach cramps.

Heat Stroke

Heat stroke is a medical emergency.
Call 911 if you or someone experiences:

- ⓘ Rapid, strong pulse
- ⓘ Hot, red, dry or damp skin (often without sweating)
- ⓘ Body temperature 103°F or higher
- ⓘ Confusion, dizziness, slurred speech, or loss of consciousness

CALL 911

Move to a cooler place and begin cooling. Do **NOT** give fluids if the person is confused, unconscious, vomiting, or unable to swallow safely.

Quick Prevention Tips

- Limit outdoor activity 10am–4pm
- Take cool showers or baths
- Drink water before you're thirsty
- Wear light, loose-fitting clothing

Skip the Waiting Room

If you're feeling unwell from the heat but it's not a 911 emergency, Antidote Health telehealth providers are available.

Visit the Heat Relief Hub: **antidotehealth.com/cool**