



# HEAT SAFETY

Heat is one of the leading weather related killers in the United States. Usually resulting in hundreds of fatalities each year, anyone can be overcome by heat related injuries...even with short exposure times.

Vulnerable groups include young children, infants, older adults, people with chronic medical conditions, and pregnant individuals are all at higher risk of heat related injuries.

## Heat related facts

- In July 1995, extreme heat contributed to more than 700 deaths in the Chicago area
- Heat-related illnesses include heat cramps, heat exhaustion, and heat stroke
- Stay well hydrated but avoid alcohols, sugary beverages, and caffeinated drinks.
- Consume at least 1.5 to 2 quarts of fluids daily
- Wear loose, lightweight, and light-colored clothing
- Closely monitor children, the elderly, and those who need special care during intense heat
- Do not leave children or pets in a closed vehicle, even for short periods. On a hot day, temperatures inside a closed vehicle can soar to 140°F - 190°F within 30 minutes.

## How to stay cool:

- If outside, stay in the shade or under awnings as much as possible
- Keep lights in your home low or off, keep shades drawn, and avoid using the oven
- Keep rooms well ventilated with air conditioners or fans
- If you don't have AC or fans, keep your windows open
- Take periodic cool baths or showers. Use cool wet towels to cool off
- Exposure to AC, even a few hours a day, will reduce the risk for heat-related illness
- Visit cooling centers, public pools, and air-conditioned stores and malls

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