

# Extreme Heat Tip Sheet

During periods of extreme heat, people should take precautions to prevent heat-related illnesses.  
Stay cool, hydrated, and informed.



## Stay hydrated

- Drink plenty of fluids, especially water, throughout the day
- Do not wait until you are thirsty before you drink fluids (except if advised to reduce fluid intake by your doctor)
- Avoid drinking alcohol
- Avoid drinks that are high in sugar and caffeine
- Avoid very cold drinks — they can cause stomach cramps



## Stay cool

- Visit air-conditioned places (e.g., malls, libraries) if your home is hot
- Do not use electric fans to cool yourself when the temperature reaches the high 90's and above — blowing air onto your body that is higher than your body temperature can actually increase heat stress
- Wear light-colored, loose-fitting clothing
- Avoid exercising outdoors during the hottest hours of the day (usually between 10:00 a.m. and 5:00 p.m.)
- Take a cool shower or bath

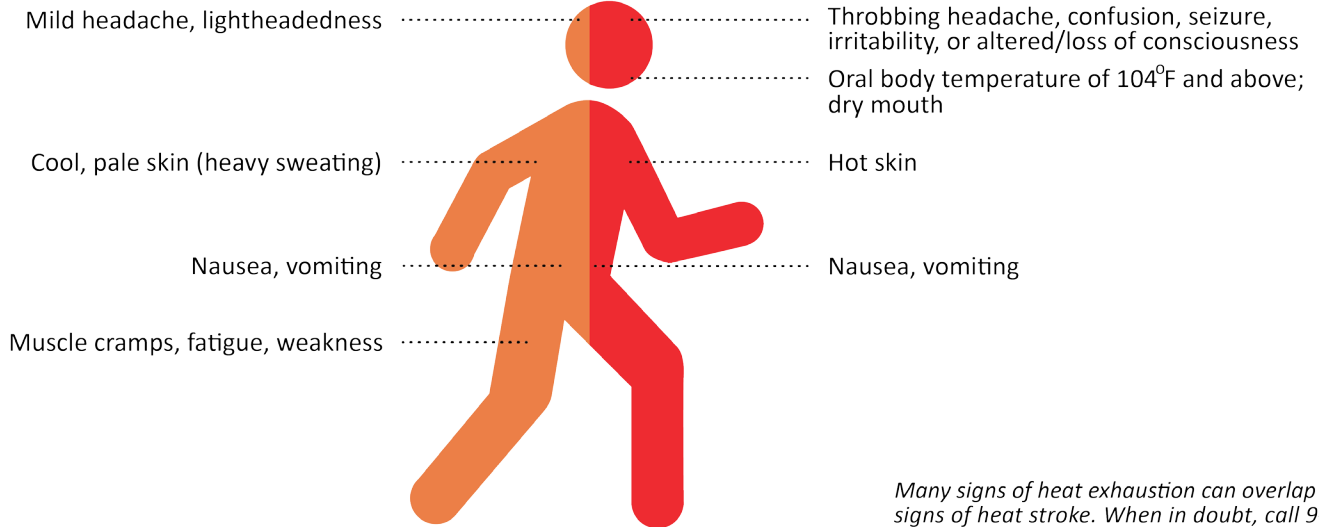


## Stay informed

- Listen daily to the local news for the weather forecast and adjust activities as necessary to stay safe in the heat
- Know the symptoms of heat-related illnesses; be prepared to carry out safety measures and first aid
- Get health and safety information from your local public health department

## SIGNS OF HEAT EXHAUSTION

## SIGNS OF HEAT STROKE



*Many signs of heat exhaustion can overlap with signs of heat stroke. When in doubt, call 9-1-1.*

## WHAT TO DO

**MOVE** to a cooler place  
**COOL** with ice/cold water and lay down  
**DRINK** cool water or sports drinks  
**CALL 9-1-1** if symptoms last longer than 1 hour

**CALL 9-1-1 IMMEDIATELY**  
**MOVE** the affected person to the shade or cooler place  
**COOL** the affected person with immersion in cool water or by placing ice packs on the neck and groin areas

### If you must be outside in the heat:

- Avoid exercising outdoors during the hottest hours of the day (usually between 10:00 a.m. and 5:00 p.m.)
- Avoid strenuous exercise
- If you must exercise, pace yourself
- Drink plenty of fluids
- Rest often in the shade or in an air-conditioned building

### Help others stay safe in extreme heat:

- Never leave children or pets in a car, even if the windows are open and the vehicle is parked in the shade!
- Check on children, people 15-34 years of age, and the elderly frequently for signs or symptoms of heat-related illnesses.
- Check on family and neighbors who might be more at risk, especially those who live alone to ensure they're staying cool and hydrated.
- Monitor people with medical conditions that may make them more at-risk to the negative impacts of extreme heat. Some chronic health conditions, like diabetes, high blood pressure, or kidney disorders, can be made worse by heat exposure.

## Need more information?

Visit our websites: Planning for extreme heat events - [www.health.mn.gov/heatplanning](http://www.health.mn.gov/heatplanning)  
Minnesota extreme heat data - [www.health.mn.gov/heatdata](http://www.health.mn.gov/heatdata)  
Contact us directly: E-mail - [health.climatechange@state.mn.us](mailto:health.climatechange@state.mn.us)  
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