



**ARLINGTON  
VIRGINIA**

Public Health



# Beat -the- HEAT

## Stay Safe and Cool in Hot Weather

- Drink water, NOT drinks with sugar, caffeine, or alcohol
- Stay indoors in air conditioning (AC)
- Visit free places with AC like libraries, community centers, shopping malls
- Limit outdoor activity
- Do not use fans if it is above 90°F – fans can make your body hotter
- Wear sunscreen
- Wear lightweight, light-colored, loose clothes

**NEVER** leave people or pets alone in the car.

The temperature can become deadly in minutes!

## Mild Moderate Severe

### Heat Symptoms

Swollen hands and feet Muscle cramps Moist and cool skin Red bumpy rash	Nausea Dizziness Headache Fatigue Loss of balance Throwing up	Confusion Unconscious Seizures Rapid pulse Rapid breathing
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### First Aid Actions

Move to a cool place Put wet cloths on body Offer sips of water Lay on back, raise legs	Move to a cool place Put wet cloths on body Offer sips of water Lay on back, raise legs	Call 911 Move to a cool place Put ice or water on body Do not offer water
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### Get Medical Help

If symptoms don't improve, get medical help	If symptoms don't improve, get medical help and <b>call 911</b>	<b>Call 911</b>
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