



Summer Heat Safety Guide

Plan ahead for hot days, outdoor activities, sports, camps, and community events.

BEFORE YOU HEAD OUT

- Check the temperature and heat index, and adjust plans when conditions are extreme.
- Start the day hydrated; bring enough water for the activity and a way to refill.
- Wear lightweight, loose-fitting clothing and use sun protection.
- Whenever possible, schedule strenuous activity for cooler parts of the day.
- Tell a coach, parent, teacher, or activity leader if you begin to feel unwell.

WHILE YOU'RE IN THE HEAT

Drink regularly	Cool down	Watch each other
Take water breaks on a schedule during long or intense activity. Do not rely only on thirst.	Use shade or air conditioning for recovery breaks and reduce intensity when the heat feels overwhelming.	A buddy may notice confusion, unusual behavior, or poor coordination before the person recognizes the danger.

KNOW THE WARNING SIGNS

Heat exhaustion may include	Heat stroke is an emergency
Heavy sweating, weakness, headache, nausea, dizziness, muscle cramps, or faintness.	Confusion, loss of consciousness, seizures, very hot skin, or a body temperature around 103°F or higher can signal heat stroke.
What to do: Stop activity, move to a cooler place, loosen extra clothing, cool the body, and sip cool water if the person is alert and able to drink.	What to do: Call 911 immediately. Move the person to a cooler area and begin rapid cooling with cool water, wet cloths, ice, or other available methods. Do not delay emergency care.

Extra care: Young children, older adults, people who are pregnant, people with certain health conditions, and anyone not yet acclimated to hot weather can be more vulnerable to heat illness.