

BEAT THE HEAT

1.

Look before you lock — Ensure children and pets are not left in hot, unattended vehicles

2.

Drink more water than usual and avoid sugary beverages

3.

Wear lightweight, lightcolored, loose-fitting clothing

4.

Apply sunscreen with at least SPF 15

5.

Find shade and wear a wide-brimmed hat when outdoors

6.

Avoid high-energy activities, especially during the afternoon

7.

Provide your pets with plenty of water and shade

8.

Check on elderly loved ones to ensure they have access to the AC, fans and clean drinking water

HEAT-RELATED ILLNESS

Heat Stroke

Signs

- Red, hot, dry skin
- No sweating
- Rapid, strong pulse
- Dizziness
- Confusion
- Unconsciousness

Actions

- Seek immediate medical attention, **call 9-1-1**

Heat Exhaustion

Signs

- Cool, pale, clammy skin
- Heavy sweating
- Rapid, weak pulse
- Dizziness
- Cramps
- Nausea
- Tiredness/weakness

Actions

- Move to a cooler location
- Lie down
- Remove clothing
- Take a cool bath
- If symptoms last longer than one hour or worsen, **call 9-1-1**

For more information and heat safety resources, visit [AustinTexas.gov/HeatAware](https://www.austintexas.gov/HeatAware)