

When it's hot outside, keep yourself and others safe with these important tips. **Never leave children, people with disabilities or pets inside a parked vehicle.**



Stay Cool

- Stay in the shade, in air-conditioning if you can, or in cool places.
- Wear lightweight, light-colored, loose-fitting clothing.
- Take cool showers.
- Use fans, but don't rely on them as the only way to stay cool.

Stay Hydrated

- Drink more water than usual, especially if you are active outdoors.
- Be proactive, don't wait until you are thirsty to drink water.
- Don't drink alcoholic and caffeinated beverages.

Stay Informed

- Follow local weather and news reports.
- Sign up to for weather alerts at vtalert.gov.
- Check Health Department and Vermont Emergency Management social media.

Listen to Your Body

- Take it easy when it's hot.
- Limit outdoor work and exercise to the cooler parts of the day.
- Ask for help if you feel sick.
- Stop what you are doing if you feel faint or weak.
- Be more cautious if you have a chronic health condition.

Check on Loved Ones and Neighbors

- Call them, especially if they are older or have chronic health conditions.
- Make sure they are drinking enough water and staying cool.
- Remind them to take heat seriously.

Cool Your Home

- Draw shades to keep out the sun.
- Close windows during the day and open windows at night.
- Use fans to blow in cooler outside air or vent out warmer inside air.
- Limit use of the stove, oven and other heat-generating appliances.

Safety Tips for Communities

- Open a cooling center by following the [community cooling center guidance](#).
- Mobilize local care networks to check on people at high risk for heat illness.
- Limit or cancel outdoor job, school or extracurricular activities, including athletic practices, games and other outdoor events.

Safety Tips for Employers






- Develop a plan for protecting the safety of outdoor workers.
- Provide water, rest and shade.
- Download training materials, posters and the heat safety mobile app at www.osha.gov/heat.

Know the Signs and Symptoms of Heat Illnesses

Heat Exhaustion	Heat Stroke
Faint or dizzy	Throbbing headache
Excessive sweating	No sweating
Cool, pale, clammy skin	Temperature above 103°F Red, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	May lose consciousness
Drink water Then take action to cool down: - Get to a shaded area or a cooler, air-conditioned place - Take a cool shower or use cold compresses	Call 9-1-1 Then take immediate action to cool the person down until help arrives.

Adapted from the National Weather Service

Who is at Higher Risk?

Everyone is at risk for heat illness, but some people are at higher risk:	
	Adults over the age of 65 (especially those living alone)
	Young children
	People with chronic medical conditions (like heart disease or diabetes)
	People taking certain medications (talk to your pharmacist)
	Outdoor workers, athletes and hobbyists
	People without access to air conditioning

Find out more at: healthvermont.gov/climate/heat