

Beat the HEAT

How to Protect Yourself Against the Dangers of Hot Weather This Summer

Hydrate.

Keep yourself hydrated with frequent drinks of water, whether you are thirsty or not.

Educate yourself.

Check the current and forecast temperatures and heat index regularly. When the temperature exceeds 85° or the heat index reaches 90°, start taking protective action.

Act quickly when heat illness is suspected.

Seek medical attention immediately if any of these warning signs is observed: cramps, rapid pulse, headache, sweating, hot red skin, dizziness, confusion, vomiting.

Heat waves kill an average of 175 people each year...*more than any other weather disaster.*

"Safety in sports is always a concern, whether it's wearing the right equipment or heeding warnings about weather. Play it safe in the heat!"

*Charlie Adams, Executive Director
North Carolina High School Athletic Association*

Take it easy.

Anytime you're exercising outdoors should be done during the coolest part of the day. Avoid exercising during the heat of the day, wear cooling clothing, and stay out of the sun.



For the latest temperature and heat index readings and forecasts, visit weather.noaa.gov/

