

# Heat Safety Fact Sheet

## *Tips on how to avoid Heat Related Illness:*

- Wear loose fitting, light colored clothing.
- Avoid strenuous activity, or be most active in the morning and evening hours.
- Stay indoors if possible. If air conditioning is not available stay on the lowest floor, close curtains or blinds to keep the sun out.
- Drink lots of water to stay hydrated.
- Eat small, light meals and eat often.
- Take cool showers or baths.
- Check with your doctor about your medication to make sure you are not more vulnerable to the heat.



*For more information on heat safety please contact the Livingston County  
Department of Health at 243-7299 or visit [www.livingstoncounty.us/doh\\_home.php](http://www.livingstoncounty.us/doh_home.php)*





## SIGNS OF HEAT-RELATED ILLNESS:

- **Heavy sweating**
- **Nausea**
- **Weak pulse**
- **Mental confusion**
- **Dizziness**
- **Vomiting**
- **Sudden rise in body temperature**

## WHAT TO DO:

**Move the person to a shaded, cool area.  
Cool the person with any method available— icepacks, wet cloths or garden hoses. If the person is vomiting or loses consciousness call 9-1-1 or your local emergency number immediately.**