Extreme Heat Tip Sheet

*During periods of extreme heat, people should take precautions to prevent heat-related illnesses.*

*Stay cool, hydrated, and informed.*

---

**Stay hydrated**

- Drink plenty of fluids, especially water, throughout the day
- Do not wait until you are thirsty before you drink fluids (except if advised to reduce fluid intake by your doctor)
- Avoid drinking alcohol
- Avoid drinks that are high in sugar and caffeine
- Avoid very cold drinks — they can cause stomach cramps

**Stay cool**

- Visit air-conditioned places (e.g., malls, libraries) if your home is hot
- Do not use electric fans to cool yourself when the temperature reaches the high 90’s and above — blowing air onto your body that is higher than your body temperature can actually increase heat stress
- Wear light-colored, loose-fitting clothing
- Avoid exercising outdoors during the hottest hours of the day (usually between 10:00 a.m. and 5:00 p.m.)
- Take a cool shower or bath

**Stay informed**

- Listen daily to the local news for the weather forecast and adjust activities as necessary to stay safe in the heat
- Know the symptoms of heat-related illnesses; be prepared to carry out safety measures and first aid
- Get health and safety information from your local public health department

---

MDH
Minnesota Department of Health

Minnesota Climate and Health Program
Minnesota Emergency Preparedness and Response
Minnesota Environmental Public Health Tracking
**Signs of Heat Exhaustion**
- Mild headache, lightheadedness
- Cool, pale skin (heavy sweating)
- Nausea, vomiting
- Muscle cramps, fatigue, weakness

**Signs of Heat Stroke**
- Throbbing headache, confusion, seizure, irritability, or altered/loss of consciousness
- Oral body temperature of 104°F and above; dry mouth
- Hot skin
- Nausea, vomiting

**What to Do**
- **Move** to a cooler place
- **Cool** with ice/cold water and lay down
- **Drink** cool water or sports drinks
- **Call 9-1-1** if symptoms last longer than 1 hour

**If you must be outside in the heat:**
- Avoid exercising outdoors during the hottest hours of the day (usually between 10:00 a.m. and 5:00 p.m.)
- Avoid strenuous exercise
- If you must exercise, pace yourself
- Drink plenty of fluids
- Rest often in the shade or in an air-conditioned building

**Help others stay safe in extreme heat:**
- Do not leave children or pets in a car, even if the windows are cracked open and the vehicle is parked in the shade!
- Check on infants, children, and the elderly frequently for signs or symptoms of heat-related illnesses.
- Encourage friends and relatives to check on family and neighbors who might be more at risk, especially those who live alone to ensure they’re staying cool and hydrated.
- Monitor people with medical conditions that may make them more at-risk to the negative impacts of extreme heat. Some chronic health conditions, like diabetes or kidney disorders, can be made worse by heat exposure.

**Need more information?**
- Visit our websites:
  - Planning for extreme heat events - [www.health.mn.gov/heatplanning](http://www.health.mn.gov/heatplanning)
  - Minnesota extreme heat data - [www.health.mn.gov/heatdata](http://www.health.mn.gov/heatdata)
- Contact us directly:
  - E-mail - health.climatechange@state.mn.us
  - Phone - 651-201-4991

Last Revised: October 2016