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
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:
- Never leave children or pets in a car, even if the windows are pen and the vehicle is parked in the shade!
- Check on children, people 15-34 years of age, and the elderly frequently for signs or symptoms of heat-related illnesses.
- 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, high blood pressure, or kidney disorders, can be made worse by heat exposure.

Many signs of heat exhaustion can overlap with signs of heat stroke. When in doubt, call 9-1-1.

**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

**CALL 9-1-1 IMMEDIATELY**

**MOVE** the affected person to the shade or cooler place

**COOL** the affected person with immersion in cool water or by placing ice packs on the neck and groin areas

**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

**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](mailto:health.climatechange@state.mn.us)
- Phone - 651-201-4991

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