

STAY SAFE WHEN IT'S EXTREMELY HOT

Simple steps to protect yourself during extreme heat and heat-related emergencies



 **Stay hydrated:** Drink plenty of water, even if you don't feel thirsty.

 **Stay cool:** Use fans or A/C. Visit public cooling spaces like libraries or community centers.

 **Avoid outdoor activity:** Especially in the afternoon (when it's hottest).

 **Rest often:** Especially if you feel lightheaded or weak.

 **Wear lightweight,** light-colored, loose-fitting clothes.

Did you know?
When it's humid,
your body can't
cool down as
easily—80°F can
feel like 90+° and
put stress on your
heart.

WATCH FOR THESE DANGER SIGNS:



- Dizziness or headache
- Nausea or vomiting
- Rapid heartbeat or confusion
- Hot, red, dry, or damp skin

If someone shows these signs, act fast, call 911, and try to cool them down.

Older adults, babies, and people with chronic illness are at higher risk.

**Little steps can save lives.
Stay cool. Stay hydrated. Check on others.**



QUESTIONS? NEED HELP?

Contact
Island County Public Health
[360-679-7350](tel:360-679-7350)
publichealth@islandcountywa.gov
For air updates: enviwa.ecology.wa.gov



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