

No.1

No. 1 cause of weather-related deaths in the U.S.

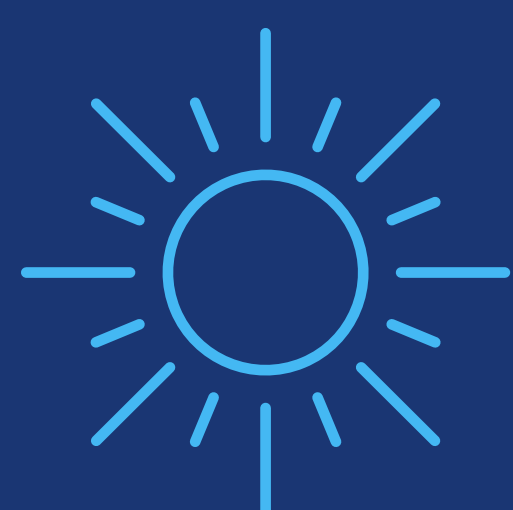
34K

Linked to an estimated 34K additional emergency department visits annually



Hospital
Admissions

1.4% higher among commercially insured children for each additional 100°F day (compared with 60-69°F day)



Pay Attention During High Temperatures

Make a plan for high temps and stay alert

Simple Steps to Help Prevent Heat Illness



Drink water before you feel thirsty

Drink water throughout the day to help your body stay cool.



Wear light, loose-fitting clothes

Light clothing can help you stay cooler in the heat.



Avoid the hottest part of the day

When you can, stay out of the heat between 10 a.m. and 4 p.m.



Take breaks to cool down

Rest in the shade or somewhere with air conditioning.



Find a cool place nearby

Know where you can go to cool off, like home, a library, or a cooling center.

Know the Warning Signs



Heat Rash: Small blisters or bumps on the skin.



Move to a cool, dry place and keep the area dry.



Sunburn: Red, warm skin that is painful or blistered.



Stay out of the sun. Cool the skin and use aloe or moisturizer.



Heat Cramps: Muscle pain or cramps, often with heavy sweating.



Stop activity, move to a cool place, and drink water.



Heat Exhaustion: Heavy sweating, headache, dizziness, weakness, or nausea.



Rest in a cool place and drink water.



Heat Stroke: Confusion, very high body temperature, fainting, or seizures.



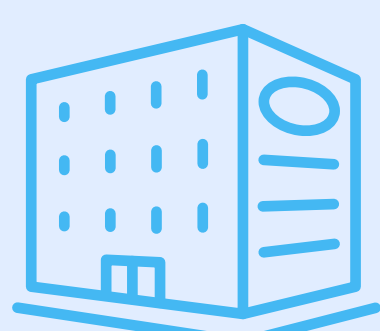
Call 911 right away.

Choose the Right Level of Care



Virtual Care

Get advice for mild symptoms.



Urgent Care

Get care for symptoms like headache, dizziness, nausea, or heavy sweating.



Emergency Care

Get help right away for severe symptoms.

Talk to Your Doctor About How Extreme Heat May Affect You