Hello Neighbor!

- Check on Your Neighbor When There is a Heat Health Alert
- Help your neighbor find a cool place like a library or another neighbor’s home
- Encourage them to drink lots of water
- Know the signs of heat related illness and call 911 if there is an emergency

In case of an emergency call 911

Staying Cool During the Heat

Learn ways to beat the heat, stay cool, and stay healthy during heat season.
Recognition of signs:
- Heavy Sweating
- Nausea or Vomiting
- Muscle Cramps
- Weakness
- Dizziness
- Headache
- Fainting

What to do if someone is suffering from a heat-related illness:
- Move to a cool place
- Loosen clothing
- Drink water
- Take a cold bath/shower
- Place cold cloths on body and change them frequently
- Seek medical attention

Ways to Keep Cool:
- Drink plenty of non-alcoholic liquids
- Reduce outdoor activities
- Take cool showers or baths
- Wear light colored clothing

Don't Like the Taste of Water? Try Adding...
- Lemons
- Limes
- Strawberries
- Oranges
- Mint
- Thyme
- Cucumber
- Lavender