Heat Wave Safety Checklist

Heat and sun-related deaths are recorded in the American Red Cross.

Healthy people are more likely to die from heat-related illnesses than older people, those who are physically or mentally ill, those who are poor or from minority groups, and those who are homeless or institutionalized.

Heatwaves occur when the combination of high temperature and high humidity makes it hard for the body to regulate temperature.

Heat-related deaths can be prevented by staying cool, well-hydrated, and taking steps to protect yourself from the sun.

Know the difference.

When should I worry?

- Know local weather forecasts and
- Why can I get heat stroke?
- Are people older than middle age at risk?
- Can I get heat stroke if it's just a little hot?
- What are the signs of heat stroke?
- Who is at risk of heat stroke?
- What should I do if someone has heat stroke?
- What should I do if I think I have heat stroke?
- How can I prevent heat stroke?
- Know the difference.

What should I do if I think I have heat stroke?

- Know local weather forecasts and
- Why can I get heat stroke?
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- What are the signs of heat stroke?
- Who is at risk of heat stroke?
- What should I do if someone has heat stroke?
- What should I do if I think I have heat stroke?
- How can I prevent heat stroke?

Heat stroke is a medical emergency that can be fatal without immediate medical attention.

A skin temperature of 105°F or more, a rapid pulse, and confusion are signs of heat stroke.

Look for rapid pulse, flushed skin, and confusion.

- Heatstroke and care for heat.
- Know the difference.

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