



## STAY COOL

Stay in air conditioned buildings

Avoid going outside during the hottest part of the day

Wear lightweight, light-colored clothing

Check on those who are most at-risk, including seniors, children and people with medical conditions

Shasta County sees an average of

# 67

heat-related emergency room visits

and **7** hospitalizations every year

## STAY HYDRATED



## KNOW THE SIGNS

### Heat Exhaustion:

- Heavy sweating
- Weakness
- Cold, pale, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Drink from two to four cups of water every hour while working or exercising outside
- Avoid alcohol or liquids containing high amounts of sugar

### Heat Stroke:

- High body temperature (above 103°F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness



For more information on heat safety, including a list of public air conditioned places, go to:

[www.shastahhsa.net](http://www.shastahhsa.net)

