

Extreme Heat Tips

Each year heat-related illnesses and deaths occur in Virginia. Staying cool, hydrated and informed can save lives. [Click here to learn more >>>](#)



Keep your body temperature cool to avoid heat-related illness.

- Stay in air-conditioned buildings as much as possible.
- Find an air-conditioned shelter.
- Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.



Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat.

- 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.
- Remind others to drink enough water.



Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

- Check local news for extreme heat alerts and safety tips.
- [Learn the symptoms of heat illness.](#)
- [For more information, please click here.](#)

Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke. Here is how you can recognize heat exhaustion and heat stroke and what to do:

Symptoms of Heat Exhaustion

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

What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Symptoms of Heat Stroke

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

What You Should Do:

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.