

# EXTREME HEAT

## CAUSES MORE DEATHS

each year than hurricanes, lightning, tornadoes, earthquakes, and floods



## WHO'S AT RISK?



Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

## WHAT CAN YOU DO?



### STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



### STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



### STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

## LEARN MORE!

[www.vdh.virginia.gov/Weather/ExtremeHeat.htm](http://www.vdh.virginia.gov/Weather/ExtremeHeat.htm)

[www.cdc.gov/ephtracking](http://www.cdc.gov/ephtracking)

