**HEAT EXHAUSTION**

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

**WATCH FOR THE SIGNS**

Seek medical care **immediately** if you have or someone you know has symptoms of heat-related illness. Warning signs and symptoms vary but may include:

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

**HEAT STROKE**

*104°F taken rectally is the most accurate

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**IT’S HOT OUTSIDE!**

Extremely hot weather can cause sickness or even death.

**STAY COOL.** Stay in air-conditioned buildings as much as possible and avoid direct sunlight.

**STAY HYDRATED.** Drink plenty of water and don’t wait until you’re thirsty to drink.

**STAY INFORMED.** Stay updated on local weather forecasts so you can plan activities safely when it’s hot outside.

**KNOW WHEN IT’S HOT!** Check local news for extreme heat alerts and safety tips.

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**NMSU**

Environmental Health & Safety
http://safety.nmsu.edu
www.cdc.gov/nceh/extremeheat

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**Centers for Disease Control and Prevention National Center for**
During an extreme heat event, check on at-risk friends, family, and neighbors at least twice a day. Encourage them to:

- Check on a friend or neighbor, and have someone do the same for you.
- Avoid using the stove or oven to cook.
- Wear loose, lightweight, light-colored clothing.

**WHO NEEDS SPECIAL CARE?**

The elderly, people with a chronic medical condition, children, homeless or poor, outdoor workers, and athletes are most at-risk to heat sickness.

**Athletes and people who exercise** in extreme heat are more likely to become dehydrated and are more likely to get heat sickness.

- Limit outdoor activity, especially midday when it is the hottest part of the day.
- Schedule workouts and practices earlier or later in the day to avoid midday heat.
- Pace activity. Start activities slowly and pick up the pace gradually.
- Drink from two to four cups of water every hour while exercising. Muscle cramping may be an early sign of heat sickness.

**People who work outdoors** are more likely to become dehydrated and are more likely to get heat sickness.

- Drink from two to four cups of water every hour while working. Don’t wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.

Never leave infants or children in a parked car. Nor should pets be left in parked cars— they can suffer heat sickness too.

Most cities offer cooling centers or other air-conditioned shelter to the homeless or poor during times of extreme heat.

**FOR MORE INFORMATION**

[www.cdc.gov/nceh/extremeheat](http://www.cdc.gov/nceh/extremeheat)

NMSU Environmental Health & Safety
[http://safety.nmsu.edu](http://safety.nmsu.edu)