# Extreme heat

Heat can make anyone sick. Know who is most at risk, where you can cool off, and when to call 911.

## WHO IS MOST AT RISK

- Adults 65 and older, babies and young children, pregnant people, people with heart disease or other chronic conditions, outdoor workers, and anyone without air conditioning.
- Check on family and neighbors during a heat wave, especially anyone who lives alone, and check on pets too.

## WHAT THE ALERT WORDS MEAN

- **Extreme Heat Watch:** an extreme heat event is possible, but the timing is uncertain.
- **Heat Advisory:** dangerous heat that falls short of a warning. Consider postponing outdoor plans.
- **Extreme Heat Warning:** extremely dangerous heat is expected or happening. Avoid outdoor activity at midday and stay in air conditioning, including overnight.

## HEAT EXHAUSTION AND HEAT STROKE

- **Heat exhaustion:** heavy sweating, weakness, cool and clammy skin, cramps, dizziness, nausea, or fainting. Move somewhere cooler, loosen clothing, use cool wet cloths, and sip water. Get medical help if it gets worse or lasts more than an hour.
- **Heat stroke:** call 911 right away. Signs include confusion, slurred speech, hot red skin, a body temperature above 103°F, or passing out. Cool the person with cloths or a bath while you wait, and do not give fluids.

## CARS AND PETS

- Never leave a child, a person with a disability, or a pet in a locked car. A child can die in a hot car in 10 minutes. Lock your car at home so children cannot climb in.
- Give pets cool water and shade. Hot pavement can burn their paws.

## COOLING OFF AT HOME AND IN AN OUTAGE

- If your home has no air conditioning or the power is out, spend a few hours somewhere that does. To find a cooling center, call 2-1-1 or your local health department.
- Fans do not lower body temperature. CDC says to use one only when indoor temperatures are under 90°F.
- Close shades by day, take cool showers, wear loose, light-colored clothing, and drink water all day. Some medicines cause dehydration, so ask your doctor before changing any.

## For our household

**Our cool place if home gets too hot**

**Nearest cooling center**

**People we check on in a heat wave**

**Who in our home is at higher risk**

Sources: National Weather Service, Heat Watch, Warning and Advisory definitions, Heat Illness, and Heat Safety; CDC, Heat Health risk factors and prevention; CDC, Power Outage Safety; Ready.gov, Extreme Heat. Checked October 2026. Heat stroke is an emergency, so call 911. Alert criteria vary by local forecast office.