

Staying Safe in the Heat

Information and resources to help you prepare for
excessive heat and high temperatures

Swipe >>>

Stay Cool



Drink More Water. Drink lots of liquids before even getting thirsty. Avoid beverages with caffeine, alcohol, or large amounts of sugar; these can result in loss of body fluid.



Outdoor Work or Exercise should be conducted early morning or late in the evening when temperatures are not as high. Outdoor workers should take frequent breaks and drink lots of water.



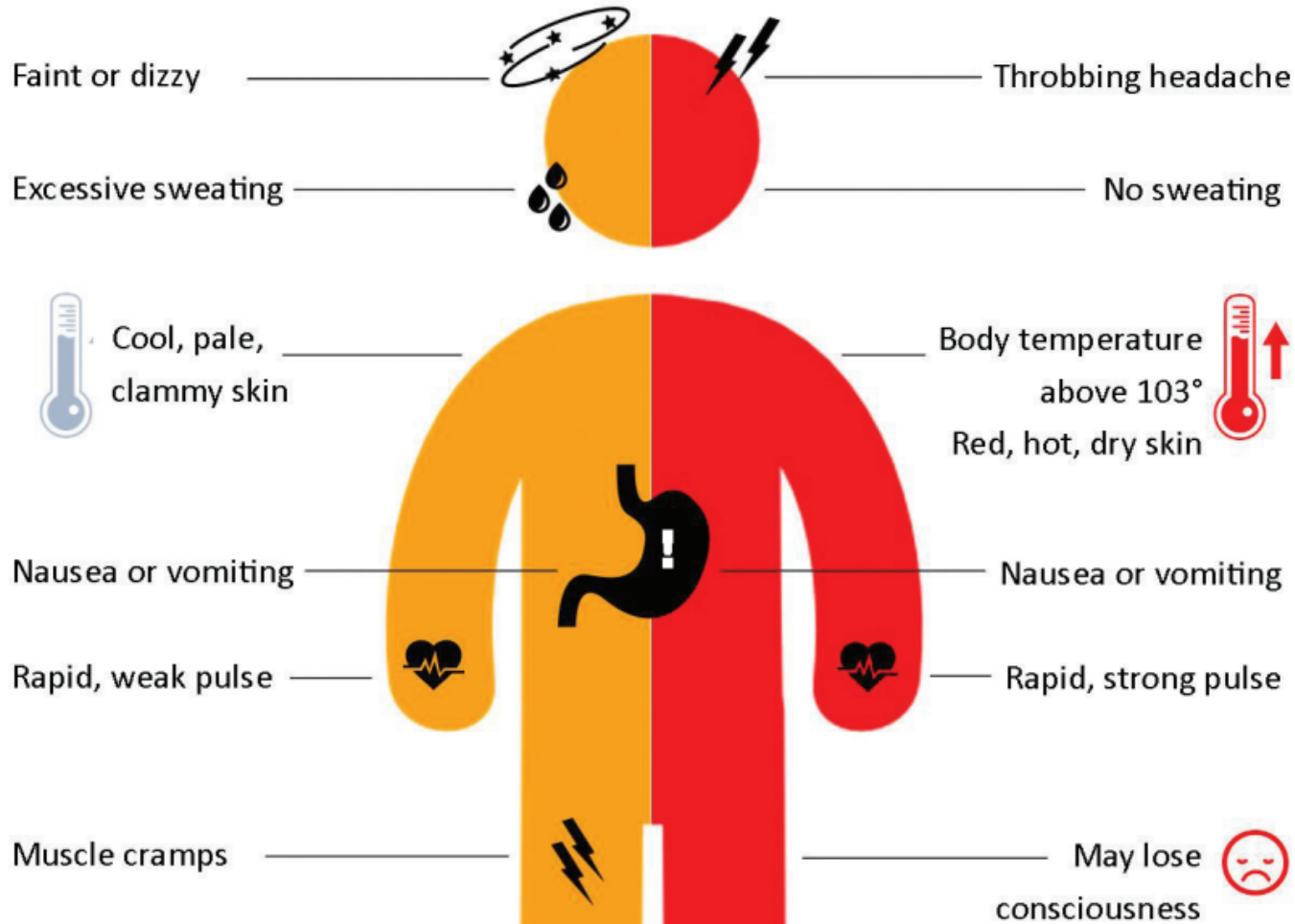
Wear light-colored, loose-fitting clothing that permits the evaporation of perspiration. Wearing a wide-brimmed hat can help prevent sunburn as well as heat-related illness.

Know the Signs

HEAT EXHAUSTION

OR

HEAT STROKE

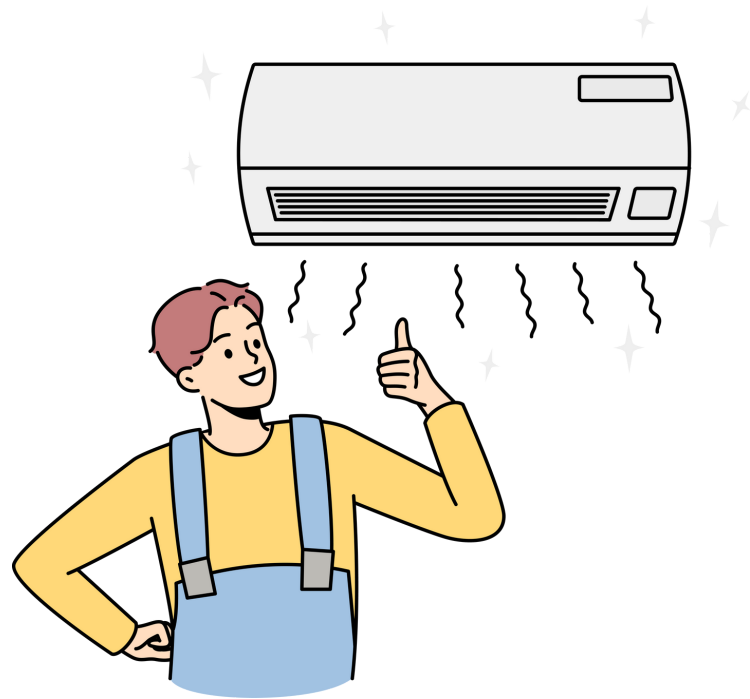


- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

Know the Options



You can visit the **City of Houston's Office of Emergency Management website** for a map of all available cooling centers across Houston.

People without adequate transportation to a cooling center can call **3-1-1** to request a free ride only to and from a cooling center.

www.houstonoem.org/pages/extreme-heat