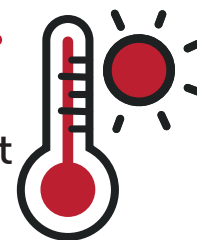


# Beat the Heat: Staying Safe in Hot Weather



Staying safe in hot weather can be challenging, and it's important to take steps to stay healthy as temperatures rise.

On average the city of Columbus experiences 18 days per year where temperatures reach 90 degrees or higher.

**What is a heat event?** A heat event is when temperatures remain above 90 degrees for at least two to three days.



## Heat Warning

High temperatures and humidity are a dangerous combination for people of all ages because our bodies need to work harder to maintain a healthy temperature. Older adults, persons with disability, those with chronic illnesses, and very young children are among groups that are especially at risk.

## Tips for Staying Safe in Extreme Heat



Watch for signs of heat-related illness.



Limit time outside during the day.



Wear loose-fitting clothes.



Drink lots of water.



Seek shade if outside.



## Stay Connected

Create a communication plan and check in on family, friends, and neighbors before and after extreme weather events. Staying connected can help you and members of your community stay safe.

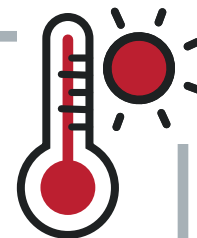
## Remember to Wear Sunscreen



- Apply sunscreen and make sure to reapply every 2 hours, even on cloudy days.
- Make sure your sunscreen has an SPF of 30 or higher.
- Ask your medical provider if any of your medications increase your risk of sunburn, dehydration, or other heat illnesses.



## What is the Difference Between Heat Stroke and Heat Exhaustion?



### Heat Exhaustion

A condition where your body can no longer keep cool. Heat exhaustion may lead to heat stroke.

#### Symptoms to look out for:

- Dizziness
- Extreme thirst
- Excessive Sweating
- Nausea
- Lack of Coordination

### Heat Stroke

A medical emergency where your body temperature rises above 104 degrees Fahrenheit.

#### Symptoms to look out for:

- Headache
- Confusion or dizziness
- Not Sweating
- Strong and rapid pulse
- Fainting

### Other Heat-Related Illnesses:

**Heat Edema:** Swelling of legs and ankles.

**Heat Cramps:** Painful tightening of muscles.

**Heat Syncope:** Sudden dizziness.

## What can I do to keep my living space cool without air conditioning?

- Using ventilation techniques like opening windows and doors especially at night.
- Turn on fans to help increase airflow and lower temperatures.

While ventilation and fans are helpful, make sure to stay hydrated, limit physical activity, and seek out cooling centers if necessary.



## When should I go to a cooling center?

- If you do not have air conditioning or are having difficulty staying cool during a heat event you should go to your local cooling center.

**Call 2-1-1** for assistance and referrals to cooling centers. Check with local news sources on opening hours of select cooling centers.



## What should I do to keep my pet or service animal safe during extreme heat events?

- Keep your animals in cool, shaded areas with access to fresh water.
- Never leave animals unattended in parked cars even for a few minutes.
- Avoid walking animals on hot asphalt or concrete to prevent burns.

