

# Beating the Heat:

## Tips for Staying Safe During a Heat Wave

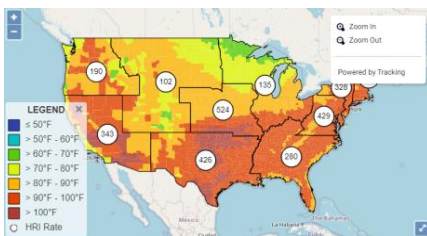


- Never leave children or pets alone in closed vehicles.
- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Go to a designated **public shelter** if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine if air conditioning is not available.
- **Check the weather**/listen to **NOAA Weather Radio** for critical updates from the National Weather Service (NWS).
- **Protecting Outdoor Workers From Heat Illness**, this web app can help outdoor workers and their supervisors understand heat hazards to keep workers safe and productive, and even save lives.
- Proper **planning and preparation** at all levels can largely prevent extreme heat illness.
- List of **Cooling Centers** by State: Offering respite and safety during extreme heat.



### Heat Safety Tool

Protect against outdoor heat at work with the **OSHA-NIOSH Heat Safety Tool**. It offers real-time heat index, hourly forecasts, and safety recommendations for your location, helping you plan outdoor activities wisely.



### Heat & Health Tracker

The **CDC Heat & Health Tracker** provides local heat and health information so communities can better prepare for and respond to extreme heat events. Use the tool to explore how extreme heat affects your county, populations who are at risk, and response resources.