

During the summer, it is important to stay cool. Heat can be very taxing on the body and can lead to [heat related illnesses](#) or make existing health conditions worse. Additionally, [some people are at higher risk](#) of getting sick from the heat than others.

Staying cool can be difficult to do during heat waves. Extreme heat can cause people to suffer from heat-related illness, and even death. According to the CDC, more than 700 people die from extreme heat every year in the United States.

[It is important to know the symptoms](#)

The infographic is split into two main sections: Heat Exhaustion (orange background) and Heat Stroke (red background). In the center is a stylized human figure, half orange and half red, with a question mark above its head. To the left of the figure, under Heat Exhaustion, are symptoms: Dizziness, Thirst, Heavy Sweating, Nausea, and Weakness. To the right, under Heat Stroke, are symptoms: Confusion, Dizziness, and Becomes Unconscious. Each section has an 'ACT FAST' box with specific instructions. At the bottom, logos for NCEM, CDC, and NIOSH are on the left, the text 'Stay Cool, Stay Hydrated, Stay Informed!' is in the center, and the NHHIS logo is on the right.

Heat Exhaustion	Heat Stroke
ACT FAST • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve	ACT FAST CALL 911 • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<i>Dizziness</i> <i>Thirst</i> <i>Heavy Sweating</i> <i>Nausea</i> <i>Weakness</i>	<i>Confusion</i> <i>Dizziness</i> <i>Becomes Unconscious</i>
<i>Heat exhaustion can lead to heat stroke.</i>	<i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i>

NCEM CDC NIOSH Stay Cool, Stay Hydrated, Stay Informed! NHHIS

Here are some tips to protect yourself from heat related illnesses on hot days:

Stay Cool

If you are outside:

- Stay in the shade if possible
- Take breaks when you can
- Do outdoor activities during the coolest parts of the day or evening, if possible.

If you are inside:

- Use fans, but only if indoor temperatures are less than 90°F. In temperatures above 90°F, a fan can increase body temperature.
- Use air conditioning or find a location that has one [Here is a list of cooling centers by county in NJ](#)

Stay Hydrated

- Carry a water bottle. Drink and refill it throughout the day.
- Limit beverages high in sugars and sodium, caffeine, and alcohol.

Check on your family, friends, and neighbors, especially if they have chronic medical problems or live alone. Check on pets.



More information about heat safety can be found here:

<https://www.ready.gov/heat>

<https://www.weather.gov/safety/heat>

<https://www.cdc.gov/climate-health/php/resources/protect-yourself-from-the-dangers-of-extreme-heat.html>

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/extreme-heat-safety/heat-check.html>

<https://www.avma.org/resources-tools/pet-owners/petcare/warm-weather-pet-safety>