








Stay Safe in HOT Weather!

Learn how to stay cool when the weather is **HOT**.

People Most at Risk for Heat-Related Illness:

- People ages **65 and older**
- Infants and young **children**
- People who are **overweight**
- People who are **ill** or on certain **medications**
- People doing physical **activities**

Protect Yourself:

-  Check-in with family, friends, and Neighbors
-  Go somewhere with air conditioning
-  Stay hydrated by drinking lots of fluids
-  Take a cool shower or a cool bath
-  Call for emergency assistance if needed

Get Plenty to Drink

Water consumption provides you the ability to sweat and cool your body. Begin consuming water before beginning your activity in order to replace the water you'll lose through sweat. While active in hot environments you should consume at least four (4) eight-ounce glasses of water per hour. Avoid consuming beverages containing caffeine (tea, coffee, and cola) & alcohol. Avoid very cold drinks.

Mild: Heat Cramps

Signs and Symptoms - Sweating a lot; painful muscle spasms; rash or tiny red bumps on skin and a prickling sensation; feeling irritable, dizzy, or weak.

Treatment - Rest in a cool shaded area; drink water.

Moderate: Heat Exhaustion

Signs and Symptoms - Heavy sweating; cool, moist, pale or flushed skin; feeling weak or tired; headache, nausea, loss of appetite; feeling dizzy or giddy; intense thirst; rapid or weak pulse.

Treatment - Rest in a cool shaded area or air-conditioned building; drink water; use cool compresses on the forehead, around neck, and under armpits; blow cool air on skin using fans; medical treatment may be required.

Severe: Heat Stroke

Signs and Symptoms - Sweating stops; hot dry skin that looks red, spotty, or bluish; deep fast breathing or difficult breathing; headache, nausea, or vomiting; rapid, weak, or irregular pulse; dizziness, confusion, delirious, or combative; fainting or loss of consciousness; seizure or convulsions.

Treatment - **Immediately call 911** and request emergency medical treatment; immediately treat in a cool shaded area or air-conditioned building; have clothing soaked with cool water, or remove outer clothing and wrap with a sheet soaked in cool water; blow cool air on skin using fans; drink water (do not try give a drink to someone who is unconscious).

Fresno Cooling Centers - When the National Weather Service forecasts a high of 105 degrees or hotter, at noon, the City will activate the following four (4) Cooling Centers strategically located throughout the city and will remain open until 8:00pm.

- Frank H. Ball, 760 Mayor - [Map](#)

- Ted C. Wills Community Center, 770 N. San Pablo - [Map](#)

- Mosqueda Community Center, 4670 E. Butler - [Map](#)

- Pinedale Community Center, 7170 N. San Pablo - [Map](#)