HIGH TEMPERATURES = HEALTH HAZARD

Climate change is making temperatures hotter and heat waves longer and more frequent. These high temperatures can impact your health and require immediate medical attention.

If you or someone else has the following symptoms, act quickly!

→ Drink water and cool down right away if you:

- Feel tired, weak, or dizzy
- Have a headache or muscle cramps
- Are sweating heavily
- Faint
- Look pale

You may be experiencing heat exhaustion, which can become heat stroke if not addressed promptly.

Get immediate medical attention if someone:

- Has difficulty breathing, a headache, or nausea
- Has a fever (body temperature of 103 °F or higher)
- Has red, hot, dry skin without sweating
- Is confused, delirious, or hallucinating
- Is dizzy, unconsciousness, or unresponsive

They may be experiencing heat stroke, which can be deadly!

Reduce Risk + Slow the Spread of COVID-19

Stay home when possible. If it is too hot, visit sf72.org for alternative options.

- Stay at least 6 feet away from people not in your household
- Cover your mouth and nose with a mask, handkerchief, or scarf
- Wash your hands frequently

Call 9-1-1 if someone has symptoms of heat stroke – even if SF hospitals have a surge of COVID-19 patients.

Untreated heat stroke can quickly damage the brain, heart, and kidneys. The chance of serious complications and death increase the longer treatment is delayed.
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HOW TO STAY SAFE IN THE HEAT

Keep yourself healthy—stay cool!

- Stay somewhere cool
- Drink plenty of water
- Wear light clothing & hats
- Take a shower
- Close blinds during the day, open blinds at night

Avoid:
- Being outside 10am-4pm (when it is the hottest)
- Strenuous activity
- Eating or drinking sugar, alcohol,
  and alcohol

Help keep others safe!

- Reach out regularly to neighbors, family, and friends who are more at risk of experiencing heat exhaustion and heat stroke. Even when outside temperatures cool down at night and after the heat wave passes, indoor temperatures can still be dangerously high.
- Ask them:
  - Are you drinking water?
  - Do you have air conditioning?
    - If not, can you get to a cooling center?
    - Can I help?
  - How are you feeling?
- If you think someone is in immediate danger, call 911. Call 311 to get resources.

Some people are at higher risk and are more likely to experience heat exhaustion and heat stroke.

- Older adults
- Infants + children
- Adults living alone
- People outdoors for long periods
- People with serious health conditions

Serious health conditions include asthma, diabetes, high blood pressure, heart disease, mental illness, and dementia.

Sign up for text or email notifications to receive alerts when the temperature is dangerously high: Text “AlertSF” to 888-777 or visit AlertSF.org.

Learn more about how to prepare for extreme heat at sf72.org and sfclimatehealth.org.