Heat exhaustion occurs when the body overheats, often accompanied by dehydration. Can progress to heat stroke without proper treatment.

**Know the Signs**
- Heavy Sweating
- Weakness & Fatigue
- Fast, Weak Pulse
- Muscle Cramps
- Cold Chills
- Nausea
- Dizziness

**Treatment**
- Rest in Shade or Air Conditioned Space
- Drink Water
- Remove Extra Clothing
- Wade in Shallow Water

Heat stroke can be fatal and requires immediate medical attention.

**Know the Signs**
- No Sweating
- High Body Temperature
- Fast, Strong Pulse
- Altered Mental State
- Throbbing Headache
- May Lose Consciousness
- Confusion

**Treatment**
- CALL 911 IMMEDIATELY
- Take to the Hospital
- Apply Cold Compress
- Do Not Give Fluids

**Tips for Staying Cool**

**Stay Hydrated**
- Drink plenty of water and avoid caffeinated or alcoholic beverages.

**Rest in Cool Spaces**
- Take breaks in shaded or air conditioned spaces.
- Avoid strenuous outdoor activity.

**Check on Neighbors**
- Check in on elderly neighbors, children, and pets regularly during periods of extreme heat.

**Use Fans Properly**
- Do NOT use fans when indoor temperature is >95°F as this can inhibit sweating (i.e. temperature regulation).

Visit [ready.dc.gov/extremeheat](http://ready.dc.gov/extremeheat) and [heat.dc.gov](http://heat.dc.gov) to learn more about extreme heat, DC's Heat Emergency Plan, and cooling resources available near you!