



Excessive Heat and How to Stay Healthy in the Heat

Summer and fall months can be hot and dry in California. Hot weather is very dangerous and can make you very sick. There are steps you can take to protect yourself when it is hot outside.

What is Extreme Heat?

Extreme heat happens when the temperature outside gets really high or when the air is hot and wet, and heat and humidity cause the air to feel heavy.



Can Extreme Heat Make You Sick?

Extreme heat can cause your body temperature to get hot very quickly. You can feel sick when this happens. Talk with your support team if you start feeling bad when the weather is very hot. This could be an emergency.

Common heat-related illnesses and symptoms:

- **Heat Stroke** – The person has a high fever and can have a fast heart beat, headache, dizziness, upset stomach, confusion, and can pass out.
- **Heat Exhaustion** – The person sweats a lot and can have a fast heart rate, upset stomach, dizziness, weakness, headache, cramps, and can pass out.
- **Heat Cramps** – Muscles have pains and spasms, usually in the stomach and legs.
- **Sunburn** – Skin becomes red, painful, and warm after being in the sun.
- **Heat Rash** – Skin becomes irritated and has clusters of pimples or small blisters caused by too much sweating.



You can download this CDC guide on how to tell if you or someone else is having a heat-related illness and what to do:

[Heat Related Illnesses \(cdc.gov\)](https://www.cdc.gov/heat-related-illnesses/)

Stay Cool and Avoid Sunburn

Stay cool by:

- Wearing lightweight, light-colored, and loose-fitting clothing.
- Stay in an air-conditioned place as much as possible.
- Pace yourself when you exercise or do outdoor work.
- Work or exercise when it is cool.
- Always wear sunscreen, a wide-brimmed hat, and sunglasses when outdoors in the heat.
- Never stay in, or leave people or pets in, a parked car, even if a window is cracked, because the car can get hot very quickly.
- Don't eat hot and heavy meals when it is very hot.
- For more information about staying cool see this [website](#).

Drink Fluids Often

Remember:

- Drink more fluids than usual when the weather is very hot.
- Do not wait until you are thirsty to drink water.
- Stay away from sugary, caffeinated, and alcoholic drinks.

Protect Others

- Check on friends and family to make sure they are staying cool and feel healthy through the extreme heat.

Did you know: Sunburns can make it hard for your body to cool off and can lead to dehydration. Avoiding sunburns can help avoid dehydration.

