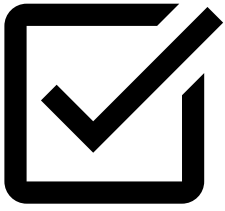


Be safe during hot weather



Get ready

- Extreme heat is dangerous and can cause death.
- The hottest time of the day is usually 2 p.m. to 8 p.m.
- Do not leave people or pets in a parked car on a hot day.



Get help

- Call 9-1-1 if someone is in danger, hurt, or not responding. You can ask for an ambulance and say that police are not needed.
- During a heat wave, United Way 2-1-1 can help you find a safe place to escape the heat.
- If you see an animal in a hot vehicle, please call emergency services.



Heat illness

- Some health conditions make it more difficult for your body to cool down.
- People suffering from heat illness may be too dizzy or confused to tell when they are in danger.
- Heat stroke is a medical emergency.



Stay cool/cool down

- Put a cold, wet towel or ice pack on your neck.
- Drink more water than usual. Make sure children and pets drink enough water.
- Stay in the shade or inside a cool building.
- Cover your windows to keep sunlight out.



Help others

- Being alone in extreme heat can be dangerous. Stay in contact with others, especially if you live alone.
- Ask neighbors, friends, and family about their plan to stay cool.
- Look out for people outside during a heatwave. Our unhoused neighbors are at greater risk.