

Recognize and Respond

Here in Maine, we don't have hot weather too often. So when it does get really hot, we are more likely to become sick from heat. This is because our bodies are not used to high heat, and many of our homes and buildings do not have air conditioning.

Certain people like older adults, infants, people who are pregnant, and people with chronic disease may feel much worse or have serious problems in extreme heat.



Types of heat-illness

- Heat Stroke
- Heat Exhaustion
- Dehydration
- Heat Cramps
- Sunburn
- Heat Rash

Learn what to do

In general, make sure people have access to air conditioning, monitor them for signs of heat exhaustion and heat stroke, encourage them to drink more fluids, and talk to their health care provider if they take medications.

Check on people that are not able to care for themselves during hot weather.

Heat Exhaustion		Heat Stroke	
<p>ACT FAST</p> <ul style="list-style-type: none">• Move to a cooler area• Loosen clothing• Sip cool water• Seek medical help if symptoms don't improve	<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none">• Move person to a cooler area• Loosen clothing and remove extra layers• Cool with water or ice
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	A stylized human figure split vertically. The left side is orange and the right side is red. The head is a circle with a question mark, a water bottle icon, and a starburst icon. The torso has a sweat drop icon. The figure is standing on a light-colored base.	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
Logos for the National Disaster Recovery Administration (NDRR), the Centers for Disease Control and Prevention (CDC), and the National Institute for Occupational Safety and Health (NIOSH).	<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	Logo for the National Institute for Heat-Related Illness and Heat Stroke (NIHHS).	

Additional symptoms:

Cool, pale, clammy skin & muscle cramps | Red, hot, dry skin & headache

Keep Cool, Drink Fluids, and Lie Low

- Call 211 for cooling center locations
- Call Maine CDC for advice: 866-292-3474, TTY: Call Maine Relay 711
- Learn more at <https://go.usa.gov/xJjxB>



Tips to Beat the Heat

Keep Cool

- Use air conditioning in your home to cool down or go to an air-conditioned place such as a store, public library, restaurant, or cooling center. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Keep windows and shades closed during the day, especially on the sunny side of your home. Open them up at night to let in the cooler air.
- Take a cool shower or bath.
- Electric fans may provide comfort, but when the temperature is hotter than mid-90s, fans will not prevent heat-related illness.
- Wear loose, lightweight, light-colored clothing.
- Stay out of the sun as much as possible.
- Eat light meals that are easy to digest.

Drink Fluids

- Drink more fluids even if you are not very active or thirsty.
- Avoid alcohol, caffeine, and sugary drinks, since these drinks can dry out your body.
- If you are on fluid restrictions or taking water pills or diuretics, ask your doctor how much fluid you should drink.

Lie Low

- Take regular breaks from any physical activity - at least every hour.
- Avoid strenuous activity during the hottest part of the day (between 11 a.m. and 4 p.m.).
- Try to limit your outdoor activity to morning and evening hours unless there is an air quality advisory in your area that recommends limiting activity during these times.

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