

Prevent Heat-Related Illness

Recognize the signs and symptoms!

Heat Stroke:

- Fever (103+ degrees F)
- Hot, red skin
- Headache
- Dizziness/ Loss of Consciousness
- Nausea
- Confusion

Heat Exhaustion:

- Excessive Sweating
- Cold, clammy skin
- Dizziness
- Nausea/ Vomiting
- Muscle Cramps
- Fast, weak pulse
- Fainting



Are you high risk for heat stroke or heat exhaustion?

You can be at an increased risk for heat related illnesses including heat stress if:

- You are 65 years of age or older
- You have high blood pressure or heart disease
- You are overweight or obese
- You take medications that can be adversely affected by extreme heat

Do you work outdoors or in extreme heat?

- Be sure to take frequent breaks and stay hydrated!
- Use reflective/ heat absorbing shields or barriers
- Limit physically demanding labor as much as possible



 RESOURCES: CDC
HEAT STRESS
RECOMMENDATIONS



Public Health
Prevent. Promote. Protect.

Montclair Health & Human Services

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What to do to avoid heat-related illnesses:



- Stay hydrated! - Drink plenty of water and avoid sugary beverages or alcohol.
- Be sure to wear loose fitting and light colored clothing to reflect sunlight
- Use protective gear such as a hat or sunglasses
- Wear sunscreen! - CDC recommends a minimum of SPF 15. Sunburn can increase your chances of dehydration and affect the body's ability to cool down.
- Stay tuned to weather alerts and heat advisories.
- Know the symptoms of heat stroke and when to seek medical attention