

HOW TO STAY SAFE IN EXTREME HEAT

HEAT WAVES

AREN'T COOL— BUT

YOU CAN BE



What is 'heat illness'?

Heat illnesses include **heat rashes**, **swelling**, **muscle cramps**, **vomiting**, **dizziness**, **exhaustion** and sometimes **fainting** episodes after standing too long or getting up too quickly.



Heat stroke is a more serious symptom of extreme heat exposure, resulting in a core body temperature above 104 degrees, and confusion.

What can I do when I am exposed to extreme heat?



If you have heat exhaustion,

- Get into a cool environment and **hydrate!**
- If you are indoors, take a **cold shower or cold bath**, and turn on the **fan**.
- Sports drinks or water with salt tablets can help restore **electrolytes**.

If you feel like you have a **heatstroke** or severe symptoms, visit your doctor or call 911!



Who can be most affected during a heat wave?

- Children
- Older people
- People with chronic conditions
- People who work outside like construction workers, truck drivers, and others who lack access to air conditioning or cooling

How can I protect myself and others?

- Wear **hats** and **light colored, loose fitted clothes**.
- **Avoid working outdoors** during peak heat, and make sure to try to stay in the shade as much as you can. Check the weather before you go outside!
- Keep note of **cool areas near you**. These can be malls, public libraries, or cooling shelters.



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CHART is funded by the National Institute of Environmental Health Sciences (P20 ES036110)

MAP OF INDOOR COOL AREAS IN ATLANTA

HEAT WAVES AREN'T COOL— BUT YOU CAN BE



If you are outside and begin experiencing heat related symptoms, make sure to look out for cool areas near you! **Visit this map for a list of public libraries, malls, and cooling shelters around Atlanta!**

**SCAN
ME!!**

**Scan the QR code or visit:
tinyurl.com/atlcoolingcenters**

*If you know of a cooling center that isn't on the map- **email chart.center@emory.edu or visit tinyurl.com/addatlcoolingcenters***



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