

HEAT

is the the top weather-related cause of death in the U.S.



Extreme heat causes your body to work extra hard. It can lead to serious health problems.

**City of Charleston
Cooling Center Map:**
find a place to cool down



REDUCE HEAT EFFECTS

- Drink a lot of water: 32-48 oz per hour when outside in the heat
- Do not drink alcohol or drinks with sugar or caffeine
- Wear light-colored loose clothing
- Stay in the shade
- Take breaks and rest frequently



CHRRP

Current
Lowcountry
Heat
Conditions



Turn over for symptoms to watch for 

Symptoms to Watch For

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, clammy skin
- Fast heart rate
- Weak pulse
- Nausea, vomiting, or stomach cramps
- Weakness
- Passing out
- No change in body temperature

What to Do: Lie down in cooler location (fans or air-conditioned), lower body temperature, sip slowly on water (unless nausea occurs), loosen clothing, apply cool wet cloths.

When to Seek Care: Throwing up, worsening of symptoms, or symptoms lasting for more than one hour. Call 911 or go to the emergency room!

HEAT STROKE

- Will not be sweating
- Hot, red, or dry skin
- Fast but strong pulse
- Nausea
- Dizziness, headache, confusion
- Passing out/possible unconsciousness
- Body temperature of 106°F or higher

CALL 911 IMMEDIATELY! LIFE THREATENING!

What to Do: Move to cooler location, lower body temperature with cool bath or sponging, remove clothing, and do not give fluids! **A person cannot safely drink in this state as they may inhale the water into their lungs.**

Based on the work of: Kennedy Drew, Olivia Thompson, Kathryn Phillips, and Taylor Preston; Medical University of South Carolina Visit www.scseagrant.org/chrrp for references and more info.