

Hello Neighbor!

- Check on Your Neighbor When There is a Heat Health Alert
- Help your neighbor find a cool place like a library or another neighbor's home
- Encourage them to drink lots of water
- Know the signs of heat related illness and **call 911 if there is an emergency**

In case of an emergency call 911



NCDHHS, Division of Public Health
www.ncdhhs.gov
<https://www.ncdhhs.gov/divisions/dph>
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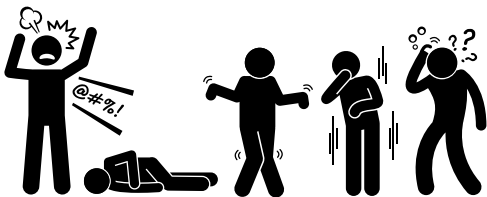
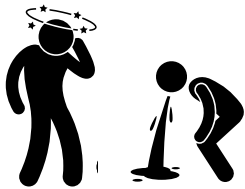


Staying Cool During the Heat

Learn ways to beat the heat, stay cool, and stay healthy during heat season.

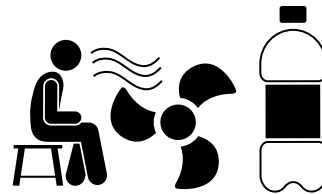
Recognize the Signs

- Heavy Sweating
- Nausea or Vomiting
- Muscle Cramps
- Weakness
- Dizziness
- Headache
- Fainting



What to do if someone is suffering from a heat related illness

- Move to a cool place
- Loosen clothing
- Drink water
- Take a cold bath/shower
- Place cold cloths on body and change them frequently
- Seek medical attention



Ways to Keep Cool

- Drink plenty of non-alcoholic liquids
- Reduce outdoor activities
- Take cool showers or baths
- Wear light colored clothing

Don't Like the Taste of Water? Try Adding...



- Lemons
- Limes
- Strawberries
- Oranges
- Mint
- Thyme
- Cucumber
- Lavender