



HIGH TEMPERATURES = HEALTH HAZARD

Climate change is making temperatures hotter and heat waves longer and more frequent. These high temperatures can impact your health and require immediate medical attention.

If you or someone else has the following symptoms, *act quickly!*

→ Drink water and cool down *right away* if you:



- ⚠️ Feel tired, weak, or dizzy
- ⚠️ Are sweating heavily
- ⚠️ Have a headache or muscle cramps
- ⚠️ Faint
- ⚠️ Look pale



You may be experiencing **heat exhaustion**, which can become heat stroke if not addressed promptly.

Get *immediate* medical attention if someone:



- ⚠️ Has difficulty breathing, a headache, or nausea
- ⚠️ Has a fever (body temperature of 103 ° or higher)
- ⚠️ Has red, hot, dry skin *without sweating*
- ⚠️ Is confused, delirious, or hallucinating
- ⚠️ Is dizzy, unconsciousness, or unresponsive



103° F +

They may be experiencing **heat stroke**, which can be deadly!

Reduce Risk + Slow the Spread of COVID-19



Stay home when possible. *If it is too hot*, visit sf72.org for alternative options.

Stay at least 6 feet away from people not in your household



Cover your mouth and nose with a mask, handkerchief, or scarf

Wash your hands frequently



Call 9-1-1

if someone has symptoms of heat stroke – *even if SF hospitals have a surge of COVID-19*

patients. Untreated heat stroke can **quickly** damage the brain, heart, and kidneys. *The chance of serious complications and death increase the longer treatment is delayed.*

