

### What is Extreme Heat?

In the summer a combination of high temperatures and high humidity can cause extreme heat. People suffer heat-related illness when their bodies are unable to properly cool themselves.

### Heat-Related Illness

Extreme heat can lead to severe illness and even death. Heat-related illnesses include:

- Heat rash—a skin irritation that looks like a cluster of small blisters. It is caused by excessive sweating during hot, humid weather.
- Sunburn—the skin becomes red, painful and abnormally warm after sun exposure. Severe sunburns may require medical attention.
- Heat cramps—muscle pains and spasms are often the first sign the body is having trouble coping with the heat.
- Heat exhaustion—heavy sweating, headache, dizziness, fainting, nausea and/or vomiting are all signs of heat exhaustion.
- Heat stroke/Sun stroke—signs include hot, red skin, rapid weak pulse and shallow breathing. Skin may be wet if person was sweating from strenuous activity, otherwise it will be dry; possible unconsciousness. **This is a severe medical emergency.**

### Energy Assistance:

If you live on a low income and need assistance paying a high electric bill during a heat wave, contact the

**El Dorado County  
Department of Human Services,  
Community Services Division,**  
to see if you qualify.

Programs also are available to help make your home more energy efficient and to repair or replace air conditioners or evaporative coolers. For more information on these programs through the Community Services Division, call **(530) 621-6150.**



For more information, visit the  
El Dorado County Public Health Department:  
[www.co.el-dorado.ca.us/publichealth](http://www.co.el-dorado.ca.us/publichealth)



# Beat the Heat



## Safety Tips on How to Beat Extreme Summer Heat



### Who is at Risk for Heat-Related Illness?

- People aged 65 and older who live without air conditioning
- Infants and small children
- People who are ill or are taking certain medications
- People who are overweight
- People with heart disease or high blood pressure
- People who exert themselves during work or exercise

If you feel ill, faint, have difficulty breathing or feel disoriented get medical assistance as soon as possible.

### Protect Yourself from Extreme Heat!

- Drink more fluids\* than usual including water. Drink fluids even if you do not feel thirsty. Avoid drinking alcohol and caffeinated beverages.

\* Persons with fluid-intake restrictions should consult their physician prior to increasing liquid consumption.

- Stay in air-conditioned areas as much as possible and limit exposure to the sun.
- If you do not have air conditioning visit air-conditioned public places including libraries movie theaters and stores.
- Stay on the lowest floor in areas where air conditioning is not available.
- Fans alone may not provide enough cooling in high temperatures.
- Wear lightweight and loose-fitting clothing.
- Take a cool shower or keep cool with wet towels.
- Avoid strenuous activity on hot days.
- Check on family, friends and neighbors and watch for signs of heat exhaustion.
- Avoid eating heavy meals and using your oven.
- Never leave anyone in a closed parked vehicle.

Prevention is the best defense against heat-related illness.

### How You Can Help Protect an Elderly Friend, Relative or Neighbor

- Visit older adults at risk for heat-related illness twice a day and watch for signs of heat exhaustion or heat stroke.
- Take them to air-conditioned locations if they have transportation problems.
- Ensure they have electric fans whenever possible and a cool place to go in case the electricity goes out.

In an emergency, call 9-1-1

### What to Do with Someone Who has Heat-Stroke

- Call for help.
- Move the person to a shady area.
- Cool the person down by fanning them, removing excess clothing, bathing in lukewarm water, and/or wrapping in cool, wet towels.
- Give the person sips of cool water, not ice water.