

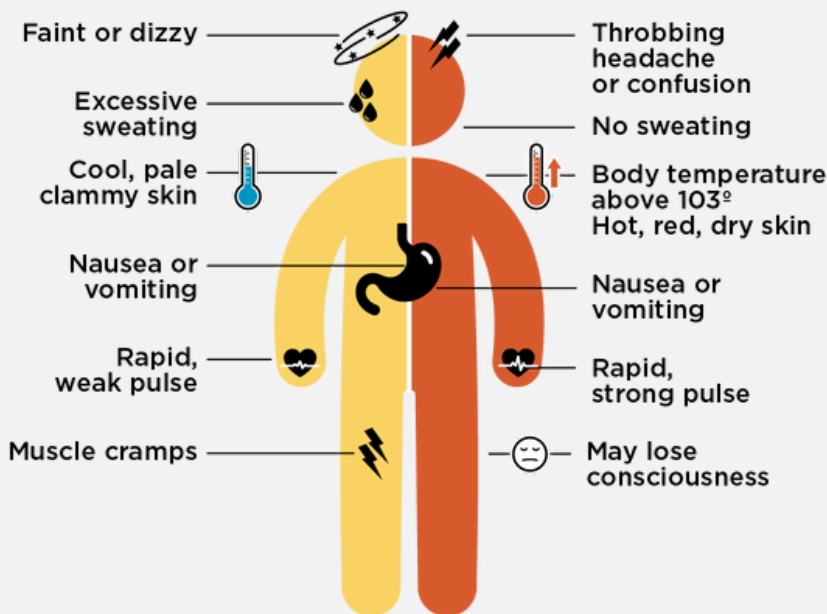
# Stay healthy during Hot Weather

## WHY IT'S SO SERIOUS:

Extreme heat is the most deadly weather-related disaster in the United States. Hot summer temperatures in King County can be dangerous for everyone. Climate change will make it even hotter over time. Learn more about staying safe this summer:

## KNOW THE SIGNS:

### Heat Exhaustion or Heat Stroke



#### What to do:

- Get to a cooler, air conditioned place
- Drink water or fluid with electrolytes
- Take a cool shower or put a cool, wet towel on your neck
- Reduce activity levels
- Put your feet up

#### What to do:

- Call 9-1-1 immediately
- Move person to a cooler place
- Cool using cold, damp cloths or cold bath
- Do not give the person anything to drink

## WHO IS AT RISK?

Anyone can face health problems from heat, but some people are at greater risk, including:

- adults aged 65+
- young children
- outdoor workers
- people with chronic health conditions
- unsheltered people
- people exercising outside
- people taking certain medications; check with your doctor

Check in on your loved ones!

## WAYS TO STAY COOL WITHOUT AIR CONDITIONING:

- Drink water, avoid caffeine and alcohol
- Take a cool shower
- Wear a wet scarf, bandana, or towel
- Avoid using stove/oven
- Close blinds and curtains during the day
- Heat rises, so stay on lower levels in buildings
- Place a bowl of ice in front of your fan



# HEAT SAFETY AND PREPAREDNESS RESOURCES



## STAY INFORMED

- Dial **211** for connection to local services like cooling, food, shelter, family care, and more.
- Visit King County's emergency alert site ([kcemergency.com](https://kcemergency.com)) to find local cooling centers and other information during heat events.
- Visit ([kingcounty.gov/alert](https://kingcounty.gov/alert)) to sign up for extreme heat and other hazard notifications through ALERT King County. Alerts available in 29 languages and dialects.

## GET HELP PAYING ENERGY BILLS

- Visit ([bit.ly/kcenergyprograms](https://bit.ly/kcenergyprograms)) to see a list of programs that help pay utility bills, including bills from Seattle City Light and Puget Sound Energy.

## LEARN ABOUT YOUR OPTIONS

Don't know where to start?

- Call Public Health's Access and Outreach team to start discussing your needs at **1-800-756-5437** or learn more at ([kingcounty.gov/outreach](https://kingcounty.gov/outreach)). Multiple languages available.
- Search for all resources near you at this King County database ([bit.ly/kchumanservices](https://bit.ly/kchumanservices)). Database includes support with transportation, disability, finances, and more.

## MORE HELP & RESOURCES

To access an online, clickable version of this flyer and to learn more about what King County is doing to address extreme heat, visit ([bit.ly/kingcountyheat](https://bit.ly/kingcountyheat)) or hold a smartphone over this QR code:

