

During Hot Weather

During hot weather, watch for signs of heat exhaustion

If someone is experiencing heavy sweating, nausea, or fainting, you can

help:

- Move them to a cool place
- Give them water
- Put cool wet cloths on their body

If their symptoms get worse, get medical help right away.

Get tips on staying safe in extreme heat at [cdc.gov/disasters](https://www.cdc.gov/disasters).