**CLIMATE CHANGE &** EXTREME HEAT





## HO'S AT RISK?









Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

## HAT CAN YOU DO?

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amouts of sugar
- Remind others to drink enough water

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness



Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at

www.cdc.gov/ephtracking



