

Heat can make you sick

- If you do not have an air conditioner:
 - Go to a cool place like a library, a friend's home with air conditioning, or a cooling center. For cooling centers locations and hours go to: <http://readywisconsin.wi.gov/>
 - Call 2-1-1 and ask "Where is the cooling center nearest to me?"
 - Drink plenty of water on hot days, even if you are not thirsty.
- Stay safe when you are outside
 - Wear light, loose-fitting clothes
 - Stay in the shade and out of direct sun
 - Avoid strenuous physical activity
- Recognize the symptoms of too much heat. Call 911 or go to the emergency room right away if you or someone you know has symptoms of heat illness, such as:
 - Hot, dry skin OR cold, clammy skin
 - Weakness
 - Dizziness
 - Nausea or vomiting
 - Trouble breathing
- Be a Buddy! When it's very hot:
 - Check on your family, friends, and neighbors to make sure they stay safe and cool.
 - Be alert for signs of heat illness.
 - Call 911 immediately if they are experiencing symptoms of heat illness.