**Hot Weather Resources**

**Staying Cool**
- Drink **more water than usual**. Don’t wait until you are thirsty
- Take a **cool shower or bath**
- **Use a fan** to create cross-ventilation
- Wear **light-weight and loose clothing**
- **Avoid** using your stove or oven
- **Don’t drink** alcohol or sugary drinks

**Cooling Centers**
- Find a **map of cooling centers** online at www.multco.us/em/cooling-center-locations
- **Locations include:**
  - Libraries
  - Pools
  - Splash Pads and Parks
- **Portland Parks and Rec** will open their pools on Tuesday, June 22nd
- **Call 2-1-1 for help finding a spot to cool down**

**How to Identify Heat Exhaustion or Heat Stroke**
Watch for signs of heat exhaustion including rapid heart beat, shallow breathing, heavy sweating, weakness, dizziness, nausea and vomiting.

Signs of heat stroke include a temperature of 103 or above, confusion, rapid pulse, loss of coordination, hot dry skin, throbbing headache, seizures, or coma.

**Get Help!**
- **For signs of Heat Exhaustion:**
  - Remove excess clothing
  - Rest in a cool area
  - Drink plenty of water
  - Take a cool shower or bath

- **For signs of Heat Stroke:**
  - Call 911
  - Move to a shaded location
  - Offer water
  - Offer a cool shower or bath

**SOURCE:** CDC.GOV/EXTREMEHEAT