

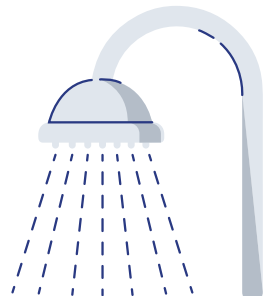
# Hot Weather Resources

## 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](http://www.multco.us/em/cooling-center-locations)

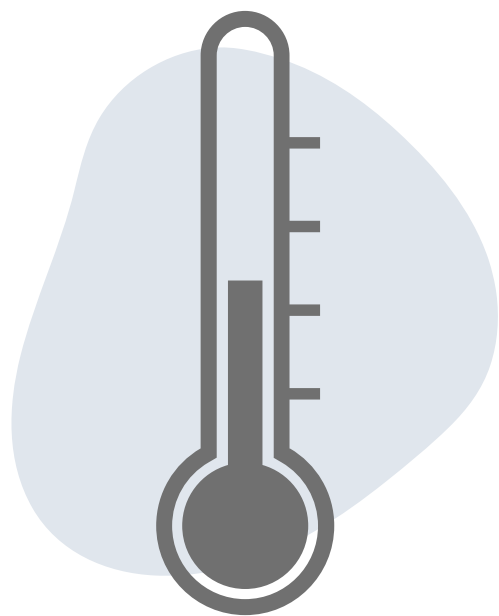
**Portland Parks and Rec** will open their pools on Tuesday, June 22nd

Call **2-1-1** for help finding a spot to cool down



**FREE RIDES** are also available to cooling centers by calling 2-1-1

## 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](http://CDC.GOV/EXTREMEHEAT)