



What is extreme heat?

There is hot, and then there is hot! Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat, your body works extra hard to maintain a normal temperature.

Heat Exhaustion can vary in symptoms. This can happen as a result of heavy sweating or dehydration. Symptoms of heat exhaustion can include:

- **Cold and moist skin with goosebumps**
- **Heavy sweating,**
- **Faintness,**
- **Dizziness,**
- **Fatigue,**
- **Weak and rapid pulse,**
- **Low blood pressure after standing up,**
- **Muscle cramps,**
- **Nausea,**
- **Vomiting,**
- **Headache,**
- **Extreme thirst,**
- **Mild confusion,**
- **Decreased urine output.**

When temperatures are very high, make sure to:

- **Get Plenty to Drink (avoid alcohol as it dehydrates you)**
- **Stay Cool Indoors**
- **Wear Light Clothing and Sunscreen**
- **Schedule Outdoor Activities Carefully**
- **Pace Yourself**
- **Use a Buddy System**

During a heat wave, check on your friends and family and have someone do the same for you. If you know someone who is elderly or has a health condition, check on them twice a day during a heat wave. Watch for signs of heat exhaustion or heat stroke. High temperatures can cause serious health problems. Know the symptoms of heat-related illness and be ready to help.

Warning: If your doctor limits the amount of fluid you drink, or if you take water pills, ask him or her how much you should drink when the weather is hot. If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.

For more information please visit -[MASS.GOV/EXTREME HEAT SAFETY TIPS](https://www.mass.gov/extreme-heat-safety-tips)