

Emergency Preparedness News & Updates



Prepare for Summer Weather Hazards



Summer weather safety requires protecting yourself from extreme heat, strong UV rays, and sudden severe storms. Severe weather in the United States accounts for numerous deaths and injuries and billions of dollars in damage. Check out the National Weather Service [Weather Hazards page](#). Keep an eye on those at greater risk from extreme heat, seek shade when outdoors, stay hydrated, and utilize local [cooling centers](#).

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!

