

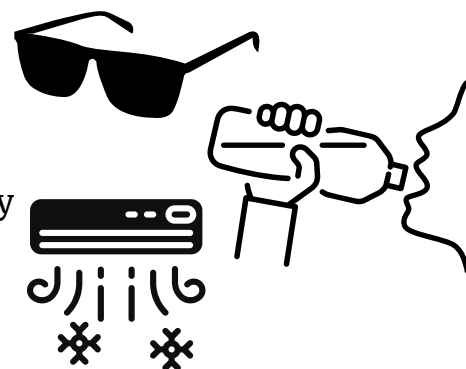
STAYING SAFE IN THE HEAT

In the City of Atlanta, the Partnership for Southern Equity (PSE) and Smart Growth America (SGA) are providing communities with the tools and resources that they need to help equitably address the impacts of extreme heat and climate change. This infographic comes as a result of this partnership, supported by the Kresge Foundation's Climate Change, Health, and Equity (CCHE) Initiative that works to promote equitable health outcomes for communities.

STAYING COOL

Extreme heat can seem relatively unthreatening because its impacts are not as visible. However, it's the deadliest natural hazard in the U.S. When temperatures soar, it's important to find ways to avoid and mitigate the heat that you experience. Some common ways to beat the heat are listed below:

- Wear loose-fitting, lightweight, light-colored clothing
- Use hats, sunscreen, and sunglasses
- Avoid hot foods and heavy meals
- Avoid sugary, alcoholic, and caffeinated beverages
- Hydrate often, preferably with cool water, even if you are not thirsty
- Avoid direct sun exposure during the day
- Try to limit outdoor activities to the morning and evening
- Stay in air-conditioned spaces whenever possible



USING A COOLING CENTER

If using an air conditioner at home isn't an option, it's still important to find a place where you can cool down. Public buildings like libraries and recreation centers may open an air conditioned space for use during these occasions. Make sure to contact your local cooling center for more information.

Find your nearest cooling center by scanning the QR code to the left with your smartphone's camera app. Or, use this URL: <https://arcg.is/byWa9>

PSE, SGA, and CCHE are unaffiliated with these locations and the entities administering them. Locations were compiled in July 2023 from government websites and may have since changed.

For additional resources, visit the National Integrated Heat Health Information System (<https://heat.gov>) and the CDC Heat & Health Index (the QR code to the right).



IDENTIFYING HEAT-RELATED ILLNESSES

There are many ways that extreme heat can impact your and your loved ones' health. The severity and treatment options for different conditions vary, but some heat-related illnesses require immediate medical attention. As a result, being able to identify certain symptoms can help you make sure you and those around you are safe. Here are some common heat-related illnesses and associated characteristics:

ILLNESS	WHAT TO LOOK FOR	WHAT TO DO
Heat Stroke	<ul style="list-style-type: none">• High body temperature• Hot, red, dry, or damp skin• Fast, strong pulse• Headache• Dizziness• Nausea• Confusion• Losing consciousness	<ul style="list-style-type: none">• Call 911 immediately• Move to a cooler place• Use cool cloths or a cool bath to lower body temperature• Do not drink anything
Heat Exhaustion	<ul style="list-style-type: none">• Heavy sweating• Cold, pale, and clammy skin• Fast, weak pulse• Nausea or vomiting• Muscle cramps• Tiredness or weakness• Dizziness• Headache• Fainting	<ul style="list-style-type: none">• If vomiting or having symptoms for more than 1 hour, call 911• Move to a cooler place• Use cool cloths or a cool bath to lower body temperature• Sip water
Heat Cramps	<ul style="list-style-type: none">• Heavy sweating during intense exercise• Muscle pain or spasms	<ul style="list-style-type: none">• If cramps last more than 1 hour or if you are on a low-sodium diet or have heart problems, call 911• Stop physical activity• Move to a cooler place• Drink water or a sports drink• Wait for cramps to go away
Heat Rash	<ul style="list-style-type: none">• Red clusters of small blisters	<ul style="list-style-type: none">• Keep the affected area dry• Stay in a cool, dry place• Use baby powder on the affected area