

# Stay Safe When It's Hot



## Get Prepared

- Sign up for emergency alerts at [publicalerts.org/signup](https://publicalerts.org/signup)
- Listen for up-to-date weather forecasts
- If possible, install air conditioners\*
- If you have air conditioning, weatherstrip doors
- Talk to your doctor about heat risks

- Check with your utility provider to learn about how to prepare for a power outage.

If you're a PGE customer, visit [bit.ly/PGEPrepare](https://bit.ly/PGEPrepare) or scan the QR code.



## Stay Cool and Hydrated

- Drink water throughout the day, even if you don't feel thirsty
- Avoid working and exercising outside, if possible
- Take cool showers or baths
- Close curtains or blinds during the day
- If your home is too hot, go to an air-conditioned space like a library, shopping mall or cooling center. (Call 211 for cooling center locations and transportation options.)
- Never leave kids or pets in cars




## Stay Connected

Check on friends and neighbors, especially those who don't have air conditioning, are over 65, are living alone and/or with a chronic illness.



# Learn to Recognize the Signs of Heat-Related Illnesses

HEAT EXHAUSTION		OR	HEAT STROKE?	
<ul style="list-style-type: none"><li>• Dizziness</li><li>• Thirst</li><li>• Heavy sweating</li></ul> <p><b>Heat exhaustion</b> can lead to heat stroke.</p>	 <ul style="list-style-type: none"><li>• Nausea</li><li>• Weakness</li></ul>		<ul style="list-style-type: none"><li>• Confusion</li><li>• Dizziness</li><li>• Becomes unconscious</li></ul> <p><b>Heat stroke</b> can cause death or permanent disability if emergency treatment is not given.</p>	
<ul style="list-style-type: none"><li>• Move to a cooler area</li><li>• Loosen clothing</li><li>• Sip cool water</li></ul>	<ul style="list-style-type: none"><li>• Seek medical help if symptoms don't improve</li></ul>	<ul style="list-style-type: none"><li>• <b>CALL 911!</b></li><li>• Move person to a cooler area</li></ul>	<ul style="list-style-type: none"><li>• Loosen clothing and remove extra layers</li><li>• Cool with water or ice</li></ul>	

## Need Support?

- If you have a medical emergency, call 911.
- Call 211 or 1-866-698-6155 (TTY 711) or go to [211info.org](https://211info.org) for resources including cooling centers and utility support if you cannot afford to use your air conditioning.
- \*If you are an Oregon Health Plan (Medicaid) member and are in need of an air conditioning unit or air filtration device, your coordinated care organization (CCO) may be able to provide one. If you are not sure which CCO you have, call 1-800-273-0557 to find out.
- Find free nutritious food at [oregonfoodbank.org](https://oregonfoodbank.org).
- Feeling overwhelmed? It's okay to ask for help. Call 988 (TTY: 1-800-799-4TTY (4889)), text OREGON to 741741 or visit [988lifeline.org](https://988lifeline.org) 24 hours a day, seven days a week.

