

Temperature	Risk Level	Protective Measures	Suggested Actions
Less than 91° F	Lower (caution)	Basic heat safety and planning	<ul style="list-style-type: none"> <li>Provide adequate amounts of cool water in easy to access locations.</li> <li>Offer cool, shaded areas for people to take breaks.</li> </ul>
91° F to 103° F	Moderate	Implement precautions and raise awareness	<ul style="list-style-type: none"> <li>Alert participants to expected temperatures.</li> <li>Provide adequate amounts of cool water in easy-to-access locations.</li> <li>Remind participants to drink small amounts of water often.</li> <li>Respond to heat-related illness (see reverse) and medical emergencies immediately.</li> <li>Offer cool, shaded areas for people to take breaks.</li> </ul>
103° to 115° F	High	Additional precautions to protect people	<ul style="list-style-type: none"> <li>Consider rescheduling or moving indoors. If this is not possible, consider moving event to the coolest part of the day (early morning or late evening).</li> </ul>

## Tips to avoid heat-related illness:

- Know the signs of heat-related illness (see reverse).
- Drink plenty of water or fruit and vegetable juices.
- Avoid caffeine or alcohol.
- Limit your time outdoors, especially in the afternoon when the day is hottest.
- Be careful about exercising or doing a lot of activities when it is hot. Stay out of the sun, take frequent breaks.
- Wear loose-fitting, light-colored cotton clothes, they are cooler than dark colors or some synthetics.
- Check on elderly and vulnerable neighbors to ensure they are staying cool and hydrated.
- Never leave a child, a disabled or elderly person, or a pet in an unattended car, even with the windows down.
- A closed vehicle can heat up to dangerous temperatures in as little as 10 minutes.
- If you live in a home without fans or air conditioning, open windows to allow air flow, and keep shades, blinds or curtains drawn in the hottest part of the day or when the windows are in direct sunlight. Try to spend at least part of the day in an air-conditioned place like a shopping mall, a store, the library, a friend’s house, or movie theater. Cool showers can help, too. Do not use a fan when the air temperature is above 95 degrees—it will blow hot air, which can add to heat stress.



*NOTE: Cancellations are the decision of the individual organization.*