

Extreme heat

ACTION CHECKLIST

Move to air conditioning or a designated cooling space, reduce exertion and drink water regularly unless your clinician restricts fluids. Confusion, collapse or seizures in heat can mean heat stroke: call emergency services and start rapid cooling.

[] Find a cooler place

Use air conditioning, a public cooling center or another safe indoor location.

[] Reduce heat load

Rest, loosen unnecessary clothing and use cool wet cloths or a cool shower.

[] Check on others

Older adults, infants, outdoor workers and people with illness may need help. Never leave anyone or pets in a parked vehicle.

[] Recognize an emergency

For altered mental status or collapse, call emergency services and cool the person while waiting; do not give drinks to someone unable to swallow.

WATCH FOR

Heat stroke can occur with sweating. Do not wait for dry skin.

IF HELP IS UNAVAILABLE

Use the coolest reachable space, wet skin or cloths, reduce activity and check vulnerable people repeatedly. A closed room can become more dangerous than outdoor shade. If indoor heat becomes intolerable, move early to a safer location rather than waiting for power to return.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/emergencies/extreme-heat/>

Extreme heat · official guidance