

# HEAT-RELATED ILLNESS



## Putting Environmental Health Data into Action

Read and click on the links below to learn about ways to engage in heat-related illness action.

## TOP 3 RECOMMENDATIONS:

**Individual:** Learn the symptoms of heat-related illnesses

**Community:** Create a caretaker check list for extreme heat events

**Structural:** Improve the resilience of infrastructure to adapt to extreme heat

## INDIVIDUAL: Learn, act, and protect yourself

- To learn:
  - [Symptoms](#) of heat-related illnesses
  - [Work-related risk factors](#) of heat-related illness
- To do:
  - Monitor the National Oceanic and Atmospheric Administration's [Weather Radio](#)
  - [Prepare](#) for extreme heat events
  - Find a cool place during heat events and stay hydrated with water
  - Practice [safety precautions when exercising](#) during extreme heat

## COMMUNITY: Support your social networks

- Plan outdoor work activities using the Occupational Safety and Health Administration-National Institute for Occupational Safety and Health [Heat Safety Tool](#) app
- Educate employers and employees on steps to [treat workers](#) with heat-related illness
- Encourage coaches and trainers to take the online heat-related illness [training course](#) to understand heat-illness in athletes
- Create a [caretaker check list](#) to care for older adults during extreme heat events
- Never leave a child, dependent adult, or pet in a parked vehicle during extreme heat

## STRUCTURAL: Advocate for organizational & policy level change

- Implement heat alert programs to communicate local extreme heat events
- Incorporate [heat acclimatization](#) in heat-related illness prevention programs
- Increase access to [cooling shelters](#), including free transportation
- Encourage municipalities to coordinate with local utility companies to ensure electricity is never shut off during extreme heat events
- Improve the [resilience of infrastructure](#) to adapt to extreme heat
- Plant trees and increase green space to reduce [urban heat island](#) effects