Who is at Increased Risk?
- Anyone is at risk for heat-related illnesses.
- Children and elderly are at the greatest risk.
- People who are overweight, exercise strenuously outdoors or take certain medications or use alcohol are at higher risk.

What to do if you show signs of a Heat-related Illness?
- Go into the shade or an air-conditioned area.
- Cool off by taking a cool bath or spray yourself with water.
- Drink water.
- No Alcohol.
- Get medical assistance.

From 1936 to 1975, 20,000 People were killed due to Heat-Related Illnesses.

How to Protect Yourself
- Slow down, Stay Away from strenuous activity.
- Keep Cool and use common sense.
- Drink water (consult doctor if you have fluid intake restrictions.)
- Wear appropriate clothing.
- Wear sunscreen.
- Schedule outdoor activities carefully.
- Stay in air-conditioning or cooling center.
- Use a buddy system to help monitor those risks and have someone check up on you.

Symptoms of Heat-Related Illness
Stage 1: Sunburn
- Redness and Pain
- Swelling in the skin, blisters, and fever
Stage 2: Heat Cramps in Muscles. Muscle spasms occur after physical activity and can be very painful.
Stage 3: Heat Exhaustion
- Cool, moist, pale skin.
- Headache.
- Dizziness and weakness or exhaustion.
- Nausea.
- Skin may or may not feel hot.
- Stopped sweating.
- Skin dry and hot.
- Strong Pulse.
- Vomiting or loss of consciousness.
For All of your information about Connecticut: Call 2-1-1

2-1-1 is Connecticut’s free information and referral service.

Simply by dialing 2-1-1, throughout Connecticut, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis.

FOR ALL EMERGENCIES DIAL 9-1-1

Information From
New Haven Office of Emergency Management
203-946-8221

Rick Fontana
Deputy Director, Operations

Maggie Targove
Deputy Director, Admin/Planning

Heat Wave Preparedness

City of New Haven Emergency Operations Center

John DeStefano, Jr.
Mayor

www.cityofnewhaven.com