



STAY HEAT SAFE!



From Attorney General Rayfield and DOJ Consumer Outreach:

Please share these tips to help you and your loved ones stay safe in the heat!

Stay cool and hydrated:

- Stay in air-conditioning as much as possible. If your home doesn't have air conditioning, contact your local health department, or locate an air-conditioned shelter in your area. Your nearest cooling center can be found by calling **211** or **1-866-698-6155** or accessing <https://www.211info.org/coolingcenters>. If you need a ride to a cooling center, you can call the Aging and Disability Resource Connection at **1-855-673-2372**.
- Do not rely on a fan as your main cooling source.
- Drink more water than usual and **do not wait** until you are thirsty to drink.
 - If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Do not use the stove or oven to cook—it will make your house hotter.
- Wear loose, lightweight, light-colored clothing and take cool showers or baths to cool down.
- Do not engage in strenuous activities, or consume a lot of alcohol, and get plenty of rest.

Stay informed:

- Keep a close eye on an older friend or neighbor and if you are an older adult, have someone do the same for you.
- Check the local news for health and safety updates, and keep up to date on the temperature and heat index when planning your activities so you can find ways to stay cool and hydrated.
- Seek medical care immediately if you have, or someone you know has, heat stroke or heat exhaustion symptoms like headache, nausea, vomiting, rapid pulse, faintness, or muscle cramps.

Make a plan:

- Since you may need to leave your house quickly because of a heat wave, make a plan ahead of time for pets, people to water your garden or plants, or other tasks around the house.



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For more information, visit Oregon.gov/OHA or call 211.