Heat Safety

Summer temperatures are hot.

Spring and fall temperatures can be hot too.

Heat is dangerous for people with disabilities.

Heat is dangerous for all adults, children, and pets.

weather.gov/safety

This content was created in collaboration with the National Weather Service.
Heat can make people feel dizzy and sick.

To be safe:
- stay in cool places,
- wear light, loose clothes,
- and drink water.

People should check on neighbors and friends too.

Go to weather.gov/safety for more information.