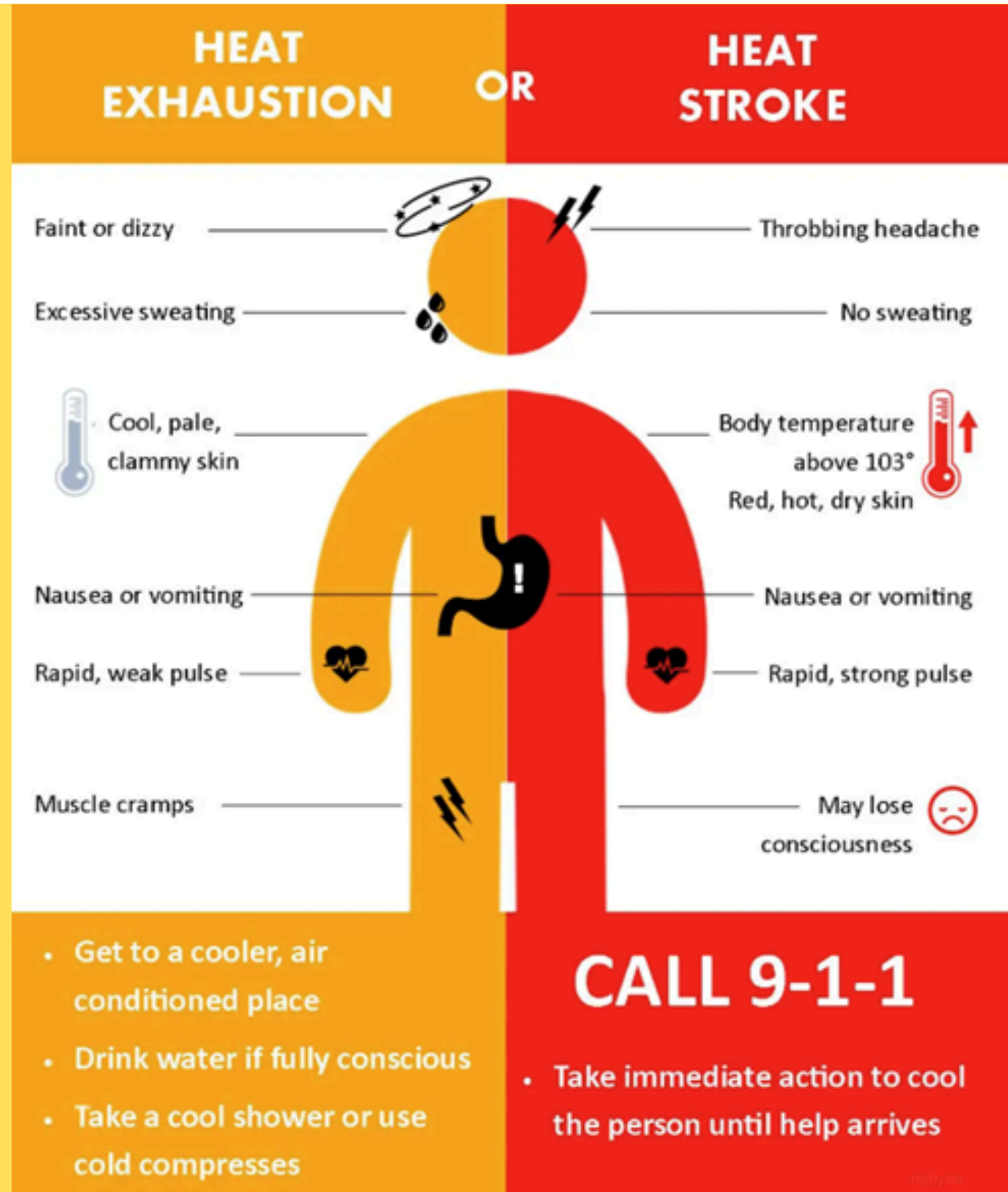


HYPERTHERMIA AND EXTREME HEAT

WHAT IS HYPERTHERMIA?

Hyperthermia, or overheating, is a condition where the body's core temperature rises above normal, typically above 103° F. During extremely hot and humid weather, your body's ability to cool itself is challenged. Muscle cramping might be the first sign of heat-related illness, and may lead to heat exhaustion or stroke.



DC'S HEAT EMERGENCY PLAN

DC's Heat Emergency Plan activates when the forecast of heat index in the District is 95° F or higher. At this time, the cooling centers open for community members to seek relief from the heat.

DC COOLING CENTERS

Use [THIS INTERACTIVE MAP](#) to find a cooling center in DC

HOW TO AVOID HEAT-RELATED ILLNESS

- Stay in the shade or air conditioning
- Drink plenty of water
- Visit a cooling center
- Take cool showers or baths
- Wear loose, lightweight, and light-colored clothing
- Avoid high-energy outdoor activities at midday



MORE INFORMATION

- [DC Heat Emergency Plan](#)
- [DC Cooling Centers Map](#)
- [Ready.gov Extreme Heat](#)
- [World Health Organization: Heat and Health](#)
- [Heat Exhaustion or Heat Stroke?](#)

PETS SAFETY TIPS
Hot Weather Rules For Pets

- KEEP YOUR PET HYDRATED**: Illustration of a water bowl with a paw print.
- DON'T LEAVE YOUR PET IN THE CAR**: Illustration of a dog in a car with a sun and thermometer icon.
- KEEP PAWS AWAY FROM HOT PAVEMENT**: Illustration of a paw print on a hot surface.
- KNOW SIGNS OF OVERHEATING**: Illustration of a dog lying down with a sun and wavy lines indicating heat.



The Community Partnership
For the Prevention of Homelessness