



Guidance for Outdoor Activities in Excessive Heat

Health Recommendations for Organizers of Outdoor Events in Spokane County

Temperature	Risk Level	Protective Measures	Suggested Actions
Less than 91° F	Lower (Caution)	Basic heat safety & planning	<ul style="list-style-type: none">• Provide adequate amounts of cool water in easy to access locations.• Offer cool, shaded areas for people to take breaks
91° F to 103° F	Moderate	Implement precautions & heighten awareness	<ul style="list-style-type: none">• Alert participants to expected temperatures.• Provide adequate amounts of cool water in easy to access locations.• Remind participants to drink small amounts of water often.• Respond to heat-related illness (see reverse) and medical emergencies immediately.• Offer cool, shaded areas for people to take breaks
103° to 115° F	High	Additional precautions to protect people	<ul style="list-style-type: none">• Consider rescheduling or moving indoors. If this is not possible, consider moving event to the coolest part of the day (early morning or late evening).

Outdoor Event Cancellations or Bringing Events Indoors

Cancellations are the decision of the individual organization, but can be made in consultation with

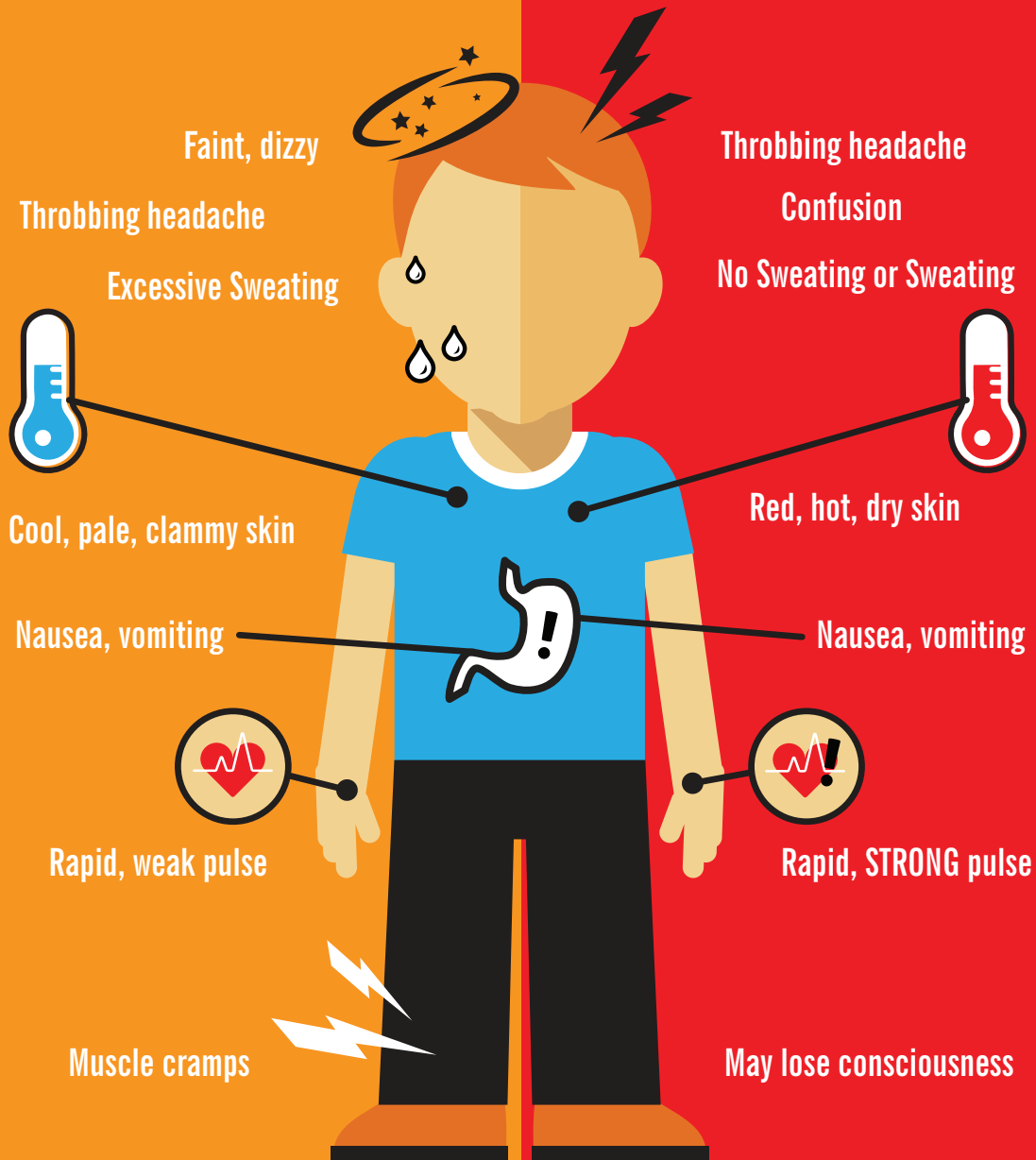
Spokane Regional Health District 509.324.1501 or visit srhd.org.

Tips to avoid heat-related illness:

- Know the signs of heat-related illness (see reverse).
- Drink plenty of water or fruit and vegetable juices. Avoid caffeine or alcohol.
- Limit your time outdoors, especially in the afternoon when the day is hottest.
- Be careful about exercising or doing a lot of activities when it is hot. Stay out of the sun, take frequent breaks.
- Wear loose-fitting, light-colored cotton clothes, they are cooler than dark colors or some synthetics.
- If you live in a home without fans or air conditioning, open windows to allow air flow, and keep shades, blinds or curtains drawn in the hottest part of the day or when the windows are in direct sunlight. Try to spend at least part of the day in an air conditioned place like a shopping mall, a store, the library, a friend's house, or the movies. Cool showers can help, too. Do not use a fan when the air temperature is above 95 degrees — it will blow hot air, which can add to heat stress.
- Check on elderly and vulnerable neighbors, ensure they are staying cool and hydrated.
- Never leave a child or a disabled or elderly person or a pet in an unattended car, even with the windows down. A closed vehicle can heat up to dangerous levels in as little as 10 minutes.

Heat Exhaustion

Heat Stroke



Faint, dizzy

Throbbing headache

Excessive Sweating



Cool, pale, clammy skin

Nausea, vomiting



Rapid, weak pulse

Muscle cramps

Throbbing headache

Confusion

No Sweating or Sweating



Red, hot, dry skin

Nausea, vomiting



Rapid, **STRONG** pulse

May lose consciousness

Get to a cool place
Drink water (if fully conscious)
Take a cool shower or use cold compresses

CALL 9-1-1
Get person cool until help arrives