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## Beat the Heat: How to Stay Safe and Spot the Signs of Heat Illness

**EVANSVILLE, IN (June 29)** – With extreme temperatures hitting the tri-state this week, it's important to know the signs of heat exhaustion. Take action early to stay safe.

Here is a quick, simple guide from Ascension St. Vincent on how to stay cool and what warning signs to watch out for.


### The Golden Rules: Hydrate. Rest. Cool down.

- **Hydrate:** Drink plenty of water throughout the day—don't wait until you feel thirsty. Pass on sugary, caffeinated, or alcoholic drinks, as they actually dehydrate you faster.
- **Rest:** Limit strenuous outdoor activities during the peak heat of the day (usually midday to afternoon). Take frequent breaks in shaded or air-conditioned areas.
- **Cool down:** Wear lightweight, loose, and light-colored clothing. If you start to feel overheated, put cool, wet cloths on your skin or take a cool shower.

### How to Spot the Signs

Heat illness can sneak up on you quickly. Keep a close eye on yourself, your pets, and your neighbors for these symptoms:

- **All Over:** Heavy sweating combined with cool, pale, or clammy skin.
- **In the Body:** Excessive thirst, nausea, muscle aches, and painful cramps.
- **In the Head:** Dizziness and a headache.

 **A Quick, Important Safety Note:** While some guides group them together, symptoms like a high fever and confusion mean the body has crossed the line from heat exhaustion into heat stroke. Heat stroke is a severe medical emergency where the body can no longer cool itself down. If someone is confused, loses consciousness, or has a spiking temperature, act fast.

In an emergency, call 911 or go to the nearest ER right away.

**About Ascension St. Vincent**

*Ascension St. Vincent operates 19 hospitals in addition to a comprehensive network of affiliated joint ventures, medical practices and clinics serving Indiana, and employs more than 13,000 associates. In Fiscal Year 2024, Ascension St. Vincent provided more than \$357 million in community benefit and care of persons living in poverty throughout the state. Ascension St. Vincent is part of Ascension, one of the nation's leading non-profit and Catholic health systems, with a Mission of delivering compassionate, personalized care to all with special attention to persons living in poverty and those most vulnerable. In FY2023, Ascension provided \$2.2 billion in care of persons living in poverty and other community benefit programs. Ascension includes approximately 134,000 associates, 35,000 affiliated providers and 140 hospitals, serving communities in 18 states and the District of Columbia. Visit [www.ascension.org](http://www.ascension.org).*