

# Summer Heat Safety Tips

Substance use in combination with extreme summer heat can pose additional health risks. Knowing the signs of heat illness and how to stay cool can help keep you safe.

## Signs of Heat Exhaustion

- Muscle Cramps
- Weakness
- Dizziness or headache
- Nausea/vomiting
- Dry or cracked lips

Heat stroke is a medical emergency! Call 911 or seek medical attention immediately.

## Signs of Heat Stroke

- No longer sweating
- Red, hot, and dry skin
- Fast, pounding pulse
- Confusion or agitation
- Unconsciousness

## Harm Reduction: Substances + Extreme Heat

- Use sun protection: sunscreen, hats, sunglasses, or umbrellas
- Minimize mixing substances or use less frequently
- Have a friend or trusted person nearby in case of emergency
- Dehydration can make injecting more difficult and blowing a vein more likely
- Avoid sharing pipes if you have cracked lips or open sores
- Try to stay calm and rest as increased bodily stress can make symptoms worse



Stay inside cool places or under shade if possible



Stay hydrated! Drink plenty of water - don't wait until you feel thirsty



Put a wet shirt, bandana, or towel around the neck

## Why Substance Use in High Temperatures Increases Risk

Substances can affect the body in different ways:

- Decreases the body's ability to regulate internal temperature
- Increases internal body temperature
- Masks or makes it difficult to recognize symptoms of overheating
- Cause excess sweating