

# Summer Heat Safety Tips

Substance use in combination with 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

- Heavy sweating
- Feeling weak
- Feeling tired
- Feeling light-headed/faint
- Nausea/vomiting

**Heat stroke is a medical emergency! Call 911 and start cooling the person while waiting for help.**

## Signs of Heat Stroke

Body is hot to the touch or person is in hot environment PLUS any of the following:

- Unconsciousness
- Stumbling
- Agitation
- Confusion/slurred speech
- Seizures

## Harm Reduction: Substances + Extreme Heat

- Use sun protection: sunscreen, hats, sunglasses, or umbrellas
- Minimize mixing substances or use less frequently
- Use a buddy system to watch out for others who might be using
- 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
- Hot weather can make mental health symptoms worse and disrupt sleep, making symptoms more severe



**Stay inside cool places or under shade if possible**



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



**Rest - especially during the hottest part of the day**

## Why Substance Use in High Temperatures Increases Risk

- Reduces the body's ability to control its own temperature
- Increases internal body temperature
- Makes it difficult to recognize symptoms of overheating and dehydration
- Can cause excess sweating