



# EXTREME HEAT

Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities and even more heat-related illnesses.



①

NEVER LEAVE children, pets or people with limited mobility alone in vehicles.

②

If working outside, TAKE BREAKS inside or in the shade, stay hydrated.

③

CHECK on others during extreme heat events.



[weather.gov/heat](https://weather.gov/heat)