



If you or someone you know is having a medical emergency related to heat, call 911.

BE PREPARED FOR EXTREME HEAT



Stay Cool In Air Conditioned Spaces

During extreme heat, stay in air conditioned spaces, especially between the hottest part of the day (10 a.m. - 3 p.m.). For a list of Fairfax County facilities that are open to the public during heat events, scan this QR code or visit: www.fairfaxcounty.gov/topics/extreme-heat-resources



Follow These Safety Tips During Heat Emergencies:



- Drink plenty of fluids.
- Stay inside and out of the heat.
- Dress in lightweight clothing.
- Never leave children, seniors or pets alone in a car.

Stay Informed with Fairfax Alerts!

Did you know that you can sign up for important emergency alerts and updates during a heat emergency? Fairfax Alerts can be sent via phone, text, email and more.



Need Additional Assistance?

Coordinated Services Planning
CSP connects Fairfax County residents to county and community-based services and resources. Please call 703-222-0880 for more information.

Subscriptions to select:

1. Emergency Alerts
2. Severe Weather
 - a. Non-Precipitation
 - i. Excessive Heat Warning
 - ii. Excessive Heat Watch
 - iii. Heat Advisory
3. Office to Prevent and End Homelessness
 - a. Homelessness Resources and Information
 - b. Homelessness Cooling & Heating Resources

To sign up, scan QR code or visit: www.fairfaxcounty.gov/alerts

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve.

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Heat exhaustion can lead to heat stroke.

Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Where a TTY number is not indicated, use 711/Virginia Relay. Reasonable accommodations made upon request; call 703-324-7329.



A Fairfax County, Virginia publication. Printed 5/2023