



Stay Safe in Extreme Heat

**Extreme heat can be dangerous.
Stay cool, hydrated, and informed.**

The National Weather Service issues alerts when dangerous weather is expected.

Heat Advisory – Take Action!

It's hot enough to be dangerous, but not as extreme as a warning.

Extreme Heat Watch – Be Prepared!

Extreme heat might be on the way.

Extreme Heat Warning – Take Action!

It's dangerously hot right now or will be very soon.

Check [weather.gov](https://www.weather.gov) or your local media for alerts.

Know Your Risk

Extreme heat can affect anyone.
People at greater risk include:



Babies and young children



People with chronic medical conditions or disabilities



Pregnant people



Outdoor workers



Older adults



People who exercise outside



People without air conditioning



Pets

Stay Safe



Drink plenty of water



NEVER leave kids or pets in a parked car



Wear loose, light-colored clothes and put on sunscreen if outside



Check on family, friends, neighbors and pets



Limit outdoor activities



Find air-conditioned places to cool off



Lincoln-Lancaster County
HEALTH
DEPARTMENT

lincoln.ne.gov/Heat

