Texas Heat Playbook

An hourly plan for the days when the heat index passes 100°F — shade breaks, electrolyte timing, and the difference between heat exhaustion and heat stroke.

Plan the day around the sun

- ☐ **Before 10 a.m.:** outdoor chores, walks, yard work. The coolest window you get.
- ☐ **10 a.m.–6 p.m.:** shade or indoors. Move anything strenuous to the edges of the day.
- ☐ **3–5 p.m.:** typically the peak. Do not start a project outside because you feel fine at noon.
- ☐ **Every 30–45 min outside:** a 10-minute shade break and water, whether or not you feel thirsty.
- ☐ **Never:** leave a child or pet in a parked car, even with windows cracked.

Water and electrolytes

- ☐ **Drink before you are thirsty:** thirst lags behind loss, especially after 50.
- ☐ **Pale straw urine:** your simplest hydration check.
- ☐ **Sweat replaces salt:** a salty snack or an electrolyte drink on long outdoor days.
- ☐ **Alcohol and caffeine:** both pull against you in heat. Save them for after.
- ☐ **Energy drinks:** not a hydration source. One is plenty, water is the base.

Warning signs — act early

- ☐ **Heat exhaustion:** heavy sweating, weakness, dizziness, nausea, headache, cool clammy skin. Move to shade or AC, loosen clothing, sip water, cool with wet cloths.
- ☐ **Heat stroke:** hot skin, confusion, slurred speech, passing out, temperature around 103°F or higher. Call 911 immediately.
- ☐ **While waiting for help:** cold water immersion or continuous cold wet towels, fanning, and ice at the neck, armpits, and groin.
- ☐ **Do not:** give fluids to someone confused or unconscious.

Who needs a closer eye

- ☐ Adults 65+, especially living alone.
- ☐ Children under 4 and anyone who cannot self-cool.
- ☐ People on diuretics, beta blockers, or antipsychotics — ask a pharmacist about heat effects.
- ☐ Outdoor workers and athletes in the first 2 weeks of heat exposure.
- ☐ Pets: flat-faced breeds, thick coats, and animals left outdoors.

> **Rule of thumb:** if the heat index is 103°F or higher, treat outdoor time as a scheduled activity with a hard stop — not an open-ended errand.

General information for Texas readers, not medical advice. If this is an emergency, call 911. For mental health crisis support, call or text 988.