

Hydration During Fire Season Quick Guide



Printable family reference - FireSeasonWellness.com

TODAY

- ☐ Place filled bottles in the clean-air room, vehicle, work bag, and emergency kit.: Easy access helps when routines are disrupted.
- ☐ Take regular drinks instead of waiting until you feel very thirsty.: Heat, activity, age, and illness can change thirst signals.
- ☐ Check children, older adults, pregnant people, outdoor workers, and people taking medicines that affect heat or fluid balance.: Never stop or change medication without medical advice.
- ☐ Confusion, fainting, severe weakness, inability to drink, or signs of heat stroke require urgent care.: Call 911 for medical emergencies.

REMEMBER

- ☐ Keep water accessible and drink regularly during hot or smoky conditions, while following any medical fluid restrictions and watching for signs of heat illness.
- ☐ Follow official evacuation orders, local public-health guidance, and individual medical or veterinary advice.