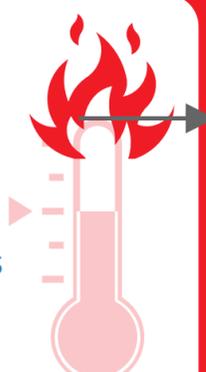




# STAY SAFE IN EXTREME HEAT

Extreme heat events, or heat waves, are a leading cause of EXTREME WEATHER-RELATED DEATHS in the United States and the number of heat related deaths is rising. As temperatures rise, residents should avoid strenuous activity, drink lots of water, avoid alcohol and seek air-conditioned spaces to avoid heat related illness.



# 702

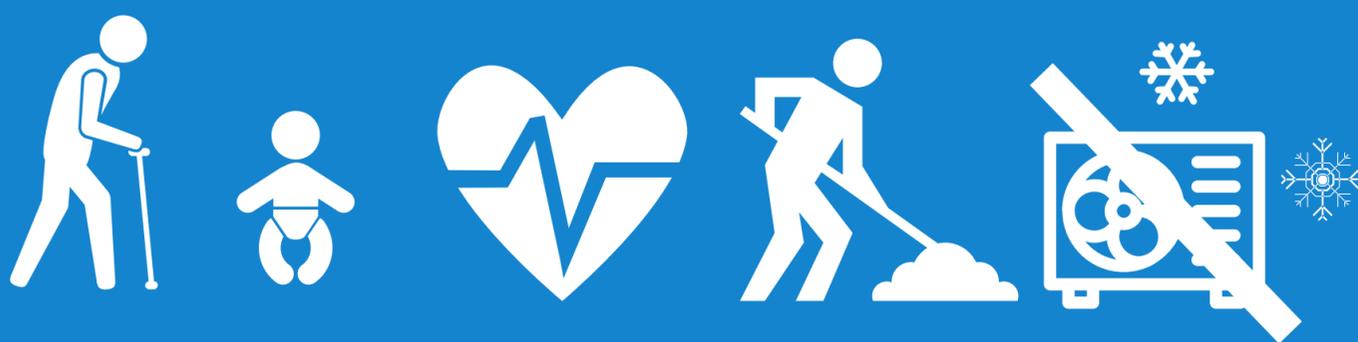
**Annual Average  
Heat-Related  
Deaths\***

\*Source: CDC

## KNOW THE TERMS

- Heat Index - an estimate of how it feels when air temperature and humidity are combined.
- Heat Wave - at least three consecutive days with temperatures of at least 90°F
- Heat Advisory - when the heat index is forecast to reach 95°F to 99°F for at least two consecutive days or 100°F to 104°F for any length of time.
- Excessive Heat Watch - when heat index values are forecast to reach or exceed 105°F within the next 24-48 hours.
- Excessive Heat Warning: when the heat index is forecast to reach or exceed 105°F for at least two consecutive hours within the next 24 hours.
- Air Quality Index - reports how clear or polluted the air is

## WHO IS MOST AT RISK?



Adults over 65, infants and young children, people with chronic illness/special medication, people who work or are active outdoors, and people without access to air conditioning.

### Signs and Symptoms: Heat Exhaustion

- High body temperature
- Confusion and lack of coordination
- Skin rash
- Muscle cramps
- Dizziness or fainting
- Headache

### Signs and Symptoms: Heat Stroke

- High body temperature
  - Confusion and lack of coordination
  - Dizziness/Fainting
  - No sweating, but very hot, red skin
- HEAT STROKE IS A MEDICAL EMERGENCY!**

CALL 911 IMMEDIATELY

## WHAT CAN YOU DO?



### STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



### STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



### STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness