

WHAT IS IT?

Extreme heat or a “heat wave”, is defined, in most of the U.S., as a long period (2 to 3 days) of high heat and humidity (which is when the air has moisture and feels sticky) with temperatures above 90 degrees. Generally, temperatures are 10 degrees or more above the average high temperature for the region during summer months, last for a long period of time and occur with high humidity as well. Heat waves can occur quickly and without warning.

HEAT ALERTS: Know the difference.

HEAT OUTLOOK		HEAT WATCHES	HEAT WARNING/ADVISORY
Minor	Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Excessive heat event in next 36 hours Major

The **heat index** is the temperature the body feels when the effects of heat & humidity are combined. Exposure to direct sunlight can increase the Heat index by up to 15° F.

NWS Heat Index TEMPERATURE (°F)

Relative Humidity (%)	TEMPERATURE (°F)															
	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

LIKELIHOOD OF HEAT DISORDERS with Prolonged Exposure or Strenuous Activity

Caution	Extreme Caution	Danger	Extreme Danger
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WHO DOES IT IMPACT?

Anyone can be impacted by a heat wave at any time, but summer months and areas that already have high temperatures have higher risk. Older adults, children, the ill, those on certain medications (especially tranquilizers and anticholinergics), those who don't properly maintain their health, and overweight individuals are at greater risk of facing heat related illness.

Consult with a physician if you have questions about how your medication may affect your ability to tolerate heat.

EXTRA RESOURCES

- www.climate.gov/tags/heat-wave
- www.cdc.gov/disasters/extremeheat/index.html
- www.ready.gov/heat
- www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/heat-wave-safety.html

WHAT DOES IT DO?

Heat kills by pushing the body beyond its limits, making it work extra hard to maintain a normal temperature. Excessive heat has caused more deaths than all other weather events, including floods. Heat related illness include heat rash, sunburn, heat cramps, heat exhaustion, and heat stroke and can impact both animals and people. Heat exhaustion and stroke are more severe reactions to heat.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

HEAT WAVE PREPAREDNESS AND RESPONSE



Heat waves cannot be prevented, but their impacts can be. Before extreme heat occurs weather strip doors & windows, add insulation, and install air conditioners to keep your home cool. During heat waves you should:

1 STAY INDOORS, IN A PLACE WITH AIR CONDITIONING



- ✓ **Keep your home cool.** Cover windows with shades and set your air conditioning thermostat between 75 -80 degrees

- ! **DON'T use electric fans when the temperature outside is 95+ degrees.** Fans at this temperature create air flow and a false sense of comfort, but do not reduce the temperature in extreme heat.

IF YOU DON'T HAVE AC



- ✓ **Find a place to get relief from the heat during the warmest part of the day.** Call 211 to see if there is a cooling center available near you.

IF YOU MUST GO OUTSIDE



- ✓ **Find shade & wear sunscreen (SPF 15+)** Sunburn slows the skin's ability to cool itself.
 - ✓ **Wear loose, lightweight, light-colored clothing and a hat.**
- ! **AVOID high energy activities or reschedule to the coolest time of the day** (usually 4-7 a.m.)

2 STAY COOL & HYDRATED



- ✓ **Stay Hydrated.** Drink plenty of water, especially if you are exercising or working.

- ! **Avoid alcohol, caffeine, & salt tablets,** (unless recommended by a physician), they promote water loss.



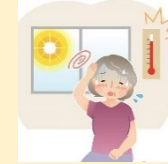
- ✓ **Keep your body cool.** Take a cool bath/shower or put wet towels on your head/ body

- ! **Avoid extreme temperature changes** (ex. air out a hot car before getting in).



- ✓ **Eat small, easy to digest meals** (ex. fruits or salad) and eat more often. Avoid hot, heavy meals that include proteins, these increase your metabolism and water loss.

3 AVOID HEAT RELATED ILLNESS



- ✓ **Check yourself, family, and neighbors for signs of heat related illness.**

- ! **Cool down anyone showing signs of heat related illness.** Call 911 if you suspect heat stroke.



- ✓ **Never leave a person or animal alone inside a vehicle on a warm day, it is illegal and can be lethal.**

- ✓ **Call 911 if you see a child or animal that's left alone in a car on a warm day.** *Parked car's interior can reach over 120 degrees in less than 5 minutes, even with the window partially open, & a shady spot or foggy day can quickly turn into direct, hot sunlight*



- ✓ **Ensure that your animals' needs for water and shade are met.**

Remember that asphalt, concrete, and truck beds can become very hot to the touch. Paw pads can be burned on these surfaces.