

# SEVERE WEATHER PREPARATION: EXTREME HEAT

## WHAT TO DO DURING A HEATWAVE

Summer is the time to arrange a beach weekend, kick back with friends, and chill out. However, summer also brings heat waves, which are becoming more frequent and intense due to climate change. Make sure you and yours are prepared for extreme heat with these preparedness tips:



Check in on the most vulnerable people in your community: *Older folks, sick people, and children* are more vulnerable to heat-related sickness and accidents. Make sure to **check on neighbors and those most at risk from the heat.**



### Stay cool:

- Cover windows with drapes, shades, or aluminum foil-covered cardboard to block heat from the sun.
- Know where the cool places in your neighborhoods are.
- Stay in air conditioned places (libraries, grocery stores, homes) if possible.
- If you're outside, stay in the shade.
- Wear breathable, lightweight clothing.



### Stay hydrated:

- Drink water before you go out into the heat.
- Take small sips of cool water every 15 minutes if you get overheated.



### Reduce unnecessary risks:

- Never leave a child, adult, or animal alone inside a car on a warm day.
- Avoid strenuous/high-energy activities.

# EXTREME HEAT:

## WHAT YOU NEED TO KNOW AND HOW TO ACT

### HEAT-RELATED SICKNESS

#### SYMPTOMS

#### WHAT TO DO

#### HEAT CRAMPS

- Muscle pains or spasms in the stomach, arms, or legs

- Get to a cooler location
- Take sips of cool water every 15 minutes
- Stop drinking liquids if nauseated

#### HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Dizziness or headache
- Fainting

- Lie down in a cool place and elevate your feet
- Loosen/remove any excess clothing
- Take sips of cool water every 15 minutes
- **Seek immediate medical attention if vomiting occurs**

#### HEAT STROKE

- High body temperature (103° F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Dizziness
- Headache
- Nausea
- Confusion
- Fainting

- Get into the shade or a cool place
- **Call 9-1-1 and get medical attention immediately**

### KNOW YOUR TERMINOLOGY

**EXCESSIVE HEAT WATCH:** Potentially life threatening heat stress conditions are forecast to occur within the next 24 to 48 hours.

**EXCESSIVE HEAT WARNING:** Dangerous heat stress conditions, which historically have led to excess mortality, are forecast to occur within the next 24 hours.

**HEAT ADVISORY:** Heat stress conditions, which might be associated with excess mortality, are forecast to occur within the next 24 hours.