

From the Fire Department



Extreme Heat

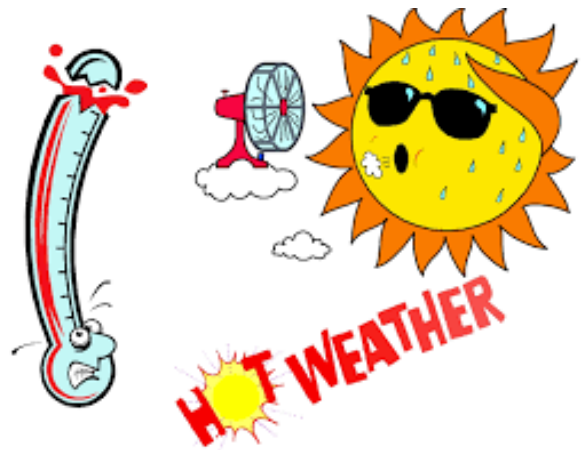
Extreme Heat often results in the highest number of annual deaths among all weather-related hazards. In most of the United States, extreme heat is defined as a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees. In extreme heat, evaporation is slowed and the body must work extra hard to maintain a normal temperature. This can lead to death by overworking the human body.

Remember that:

- ▶ Extreme heat can occur quickly and without warning
- ▶ Older adults, children, and sick or overweight individuals are at greater risk from extreme heat
- ▶ Humidity increases the feeling of heat as measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- 👉 Find air conditioning
- 👉 Avoid strenuous activities
- 👉 Watch for heat illness
- 👉 Wear light clothing
- 👉 Check on family members and neighbors
- 👉 Drink plenty of fluids
- 👉 Watch for heat cramps, heat exhaustion, and heat stroke
- 👉 Never leave people or pets in a closed car



RECOGNIZE AND RESPOND

Know the signs of heat-related illness and the ways to respond to it:

HEAT CRAMPS

- 🔴 Signs: Muscle pains or spasms in the stomach, arms, or legs
- 👉 Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

HEAT EXHAUSTION

- 🔴 Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting
- 👉 Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

HEAT STROKE

- 🔴 Signs: Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; or unconsciousness
- 👉 Actions: Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.