

Be Aware of Extreme Heat This Summer



What is Extreme Heat?

Extreme heat is characterized by temperatures and humidity higher than average for a specific timeframe, typically two to three days.

What are the Consequences of Extreme Heat?

Extreme heat can impair the body's natural ability to regulate its internal temperature, leading to heat-related illnesses such as heat exhaustion, heat cramps, heat stroke, dehydration, or hyperthermia, which can cause severe damage to vital organs or even death.

Who are most in danger of extreme heat?

- Children
- Elderly people
- Pregnant women
- People who work outdoors
- People living in urban heat islands

Signs of Heat-Related Illnesses and How to Respond



Signs of Heat Cramps

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

Actions: Stop physical activity. Go to a cool location. Take sips of cool water or a sports drink. DO NOT continue physical activity until the cramps go away. Call a medical provider for further assistance, especially if symptoms worsen or last longer than an hour.



Signs of Heat Exhaustion

- Heavy sweating
- Paleness
- Muscle cramps

Actions: Go to a cool location. Cool down by removing any excess clothing or taking a cool bath. Take sips of cool water or sports drinks. Call a medical provider for further assistance, especially if symptoms worsen or last longer than an hour.



Signs of Heat-Related Illnesses and How to Respond



Signs of Dehydration

- Feeling thirsty
- Dizzy or lightheaded
- Dry mouth

Actions: Drink plenty of cool water, natural fruit juices, or sports drinks. Drink slowly and frequently. Call a medical provider for further assistance if symptoms worsen or last longer than an hour.



Signs of Heat Stroke

- Extremely high body temperature
- Hot and dry skin with no sweat
- Rapid pulse
- Dizziness or confusion

Actions: Call 9-1-1 immediately. Use whatever methods are available to cool down until medical help arrives. DO NOT give the person anything to drink.



How to Avoid Heat Illness?



- Stay in an air-conditioned location OR find places in the community where you can go to get cool
- Drink lots of water. DO NOT wait until you are thirsty. It is important to stay hydrated to stave off heat-related illnesses
- Wear loose-fitting, lightly colored clothing
- Avoid unnecessary strenuous activity outdoors
- Avoid unnecessary exposure to sunlight
- Check on friends, family members, or neighbors who live alone, especially the elderly