



# BEAT THE HEAT

Summer is finally here! What better ways to enjoy the sun and warm weather than a dip in the pool, a baseball game, or a neighborhood grill out. And while summer is a great time of the year to sit back and enjoy the weather, heat hazards can turn a picnic into panic.

Heat can be harmful because it pushes the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature. It's important to always be prepared, so that the only heat you're feeling is off the grill!

According to Ready.gov, here are a few simple things you can do inside and outside of your home to 'beat the heat':

- Build an emergency supply kit! Get more information about building a kit at [ready.gov](https://www.ready.gov)
- Check air-conditioning ducts for proper flow and insulation
- Cover windows that receive morning or afternoon sun with drapes or awnings
- Never leave children, older adults, disabled persons, or pets, alone in an enclosed vehicle, (even for a minute) because it could be deadly
- Drink plenty of water, even if you're not feeling thirsty

Local weather forecasts are a great way to stay aware of upcoming temperature changes. Learn how to get tuned into local alerts and warnings.

For more information on keeping cool this summer, visit the National Weather Service's 'Beat The Heat' website and check out the videos from 'Heat Awareness Day'.





# EXTREME HEAT

Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat, or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave, than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the 'urban heat island effect'.

A heat wave is an extended period of extreme heat and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for humans who don't take the proper precautions.

Inspire others to prepare by being an example yourself. Pledge to prepare and tell others about it!





# BEFORE THE HEAT

## To prepare for extreme heat:

- You should build an emergency kit and make a family communications plan. Go to [ready.gov](https://www.ready.gov) for more information about these
- Install window air-conditioners snugly and insulate if necessary
- Check air-conditioning ducts for proper flow and insulation
- Install temporary window reflectors, (for use between windows and drapes) such as aluminum foil, to reflect heat back outside
- Weather-strip all doors and windows to keep cool air inside
- Cover all windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%
- Keep storm windows up all year round
- Listen to local weather forecasts and stay aware of upcoming temperature changes
- Know those in your neighborhood who are elderly, young, sick, or overweight. They are more likely to become victims of excessive heat and may need help
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas
- Get trained in first aid to learn how to identify and treat heat related emergencies



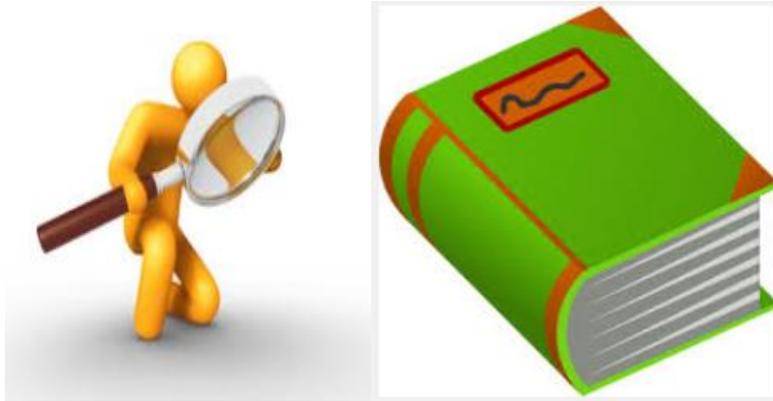


# DURING THE HEAT

## What you should do if the weather is extremely hot:

- Listen to NOAA Weather Radio for critical updates from the National Weather Service
- Never leave children, the elderly, disabled persons, or pets alone in enclosed vehicles
- Stay indoors as much as possible and limit exposure to the sun
- Stay on the lowest floor and out of the sunshine, if air-conditioning is not available
- Postpone outdoor activities or games
- Consider spending the warmest part of the day in public buildings, such as libraries, schools, movie theaters, shopping malls and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation
- Eat well-balanced, light and regular meals. Avoid salt tablets unless directed by a physician
- Drink plenty of water, even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease, are on fluid-restricted diets, or have a problem with fluid retention should consult a physician before increasing liquid intake
- Limit intake of alcoholic beverages
- Dress in loose-fitting, lightweight and light colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays
- Protect your face and head by wearing a wide-brimmed hat
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks
- Check on family, friends and neighbors who do not have air-conditioning and who spend much of their time alone
- Avoid extreme temperature changes
- Check on your animals frequently to ensure that they are not suffering from the heat. Go to a designated shelter if your home loses power during periods of extreme heat. Text **SHELTER+your zip code** to **43362**, (4FEMA) to find the nearest shelter in your area





# KNOW THE TERMS

**Familiarize yourself with these terms to help identify an extreme heat hazard:**

- **Heat Wave:** A prolonged period of excessive heat often combined with excessive humidity.
- **Heat Index:** A number, in degrees Fahrenheit(F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.
- **Heat Cramps:** Muscular pain and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.
- **Heat Exhaustion:** Typically occurs when people exercise heavily, or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock and if not treated, the victim's condition will worsen. Body temperature will continue to rise and the victim may suffer heat stroke.
- **Heat Stroke:** A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.
- **Sun Stroke:** Another term for heat stroke.
- **Excessive Heat Watch:** Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 – 72 hours.
- **Excessive Heat Warning:** Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days. Daytime highs 105 – 110 degrees Fahrenheit.

**Heat Advisory:** Heat Index values are forecast to meet locally defined advisory criteria for 1 – 2 days. Daytime highs 100 – 105 degrees Fahrenheit.