



# HEAT SAFETY

## FOR YOU AND YOUR FAMILY

### DURING A HEAT WAVE

- ✓ **Slow down:** Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health concerns should stay in the coolest available place, not necessarily indoors.
- ✓ **Dress for summer:** Wear lightweight, loose-fitting, light-colored clothing to reflect heat.
- ✓ **Eat light:** Choose easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Meats and dairy products can spoil quickly in hot weather.
- ✓ **Drink plenty of water (not very cold):** Focus on non-alcoholic and decaffeinated fluids. Drink water even if you don't feel thirsty. If you're on a fluid-restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.
- ✓ **Use air conditioners:** Spend time in air-conditioned locations such as malls and libraries if your home isn't air conditioned.
- ✓ **Use portable electric fans:** Fans exhaust hot air from rooms or draw in cooler air. Do not direct the flow of portable electric fans toward yourself when room temperatures are hotter than 90°F. The dry blowing air will dehydrate you faster, endangering your health.
- ✓ **Minimize direct exposure to the sun.** Sunburn reduces your body's ability to dissipate heat. Take a cool bath or shower.
- ✓ **Do not take salt tablets:** Only take salt tablets if recommended by a physician.
- ✓ **Be aware of infants, older, sick or frail people and pets.** Never leave children, disabled adults or pets in a car.
- ✓ **For more heat health tips,** go to the Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)

### WARNING VS. WATCH

#### Excessive Heat Watch

An Excessive Heat Watch is typically issued two to five days ahead of possible dangerous heat conditions. Certainty regarding the development and timing of the event is lower than a warning.

#### Excessive Heat Warning

An Excessive Heat Warning, sometimes preceded by an Excessive Heat Watch, is typically issued within one to three days of the onset of extremely dangerous heat conditions and remains in effect until the extreme danger subsides. Certainty is high that the event will occur.

#### Heat Advisory

A Heat Advisory is typically issued within one to three days of the onset of dangerous heat and remains in effect until the danger subsides. These conditions pose a lesser, but still dangerous, risk to communities. Certainty is high that conditions will occur.

### EXCESSIVE HEAT - AMERICA'S DEADLIEST WEATHER

Excessive heat poses a significant risk to people's health, including heat stroke and heat exhaustion, which can result in death. Excessive heat generally means unusually hot temperatures, possibly combined with oppressive humidity, that persists for two or more days. However, specific guidelines vary across the country and may be refined through work with local and state health professionals.



*Drink plenty fluids in hot weather, even if you aren't thirsty.*



# HEAT CAN BE DANGEROUS

## The Heat Index

The Heat Index is one way to measure how hot it feels when humidity is considered with the temperature. For example, when the temperature is 95 °F and the relative humidity is 50 percent, the Heat Index is 105 °F. To find the Heat Index temperature, use the chart or use the online calculator available at

[weather.gov/safety/heat-index](http://weather.gov/safety/heat-index).

Heat Index temperatures shaded in red indicate extreme danger. The National Weather Service utilizes the Heat Index in many parts of the country to determine when and where to issue heat alerts.

NWS Heat Index TEMPERATURE (°F)

| Relative Humidity (%) | 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 |
|---------|-----------------|--------|----------------|

| HEAT EXHAUSTION                                                                                                                                                                     | OR | HEAT STROKE                                                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Faint or dizzy                                                                                                                                                                      |    | Throbbing headache, confusion                                                                                                                                                         |
| Excessive sweating                                                                                                                                                                  |    | No sweating                                                                                                                                                                           |
| Cool, pale, clammy skin                                                                                                                                                             |    | Body temperature above 103°<br>Red, hot, dry skin                                                                                                                                     |
| Nausea or vomiting                                                                                                                                                                  |    | Nausea or vomiting                                                                                                                                                                    |
| Rapid, weak pulse                                                                                                                                                                   |    | Rapid, strong pulse                                                                                                                                                                   |
| Muscle cramps                                                                                                                                                                       |    | May lose consciousness                                                                                                                                                                |
| <ul style="list-style-type: none"> <li>Get to a cooler, air conditioned place</li> <li>Drink water if fully conscious</li> <li>Take a cool shower or use cold compresses</li> </ul> |    | <p><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>Move person to cooler place</li> <li>Cool using cool cloths or bath</li> <li>Do not give anything to drink</li> </ul> |



NEVER leave a baby, senior or pet locked in a car, even for a few minutes. Dozens of infants and untold numbers of pets die every year in hot vehicles.