SUMMER HEAT SAFETY

BE PREPARED FOR SUMMER BY KNOWING THESE FACTS AND TIPS

Facts:

• Know the difference!
  - Heat Watch: When conditions are favorable for an excessive heat event in the next 24 to 72 hours.
  - Heat Advisory: When the max temperature is expected to be 100°F or higher for 2+ days and night time air temp is expected to be 75°F+.
  - Heat Warning: When the max temperature is expected to be 105°F or higher for 2+ days and night time air temp is expected to be 75°F+.

• A heat wave is usually defined as a period of at least two or more days of excessively hot weather, often combined with excessive humidity.

• Excessive heat is determined by Heat Index Values. The heat index is what the temperature feels like to the human body when relative humidity is combined with the air temperature.

• Heat is one of the most dangerous and leading weather-related causes of death in the United States, resulting in hundreds of fatalities each year and even more heat-related illnesses.

• Young children, adults over the age of 65, the uninsured, and the poor are the highest at risk and most likely to experience heat exhaustion or other heat-related illnesses.

• Extreme heat can cause cramps, swelling, and fainting.

• According to the Agency for Healthcare Research and Quality, about 6,200 Americans are hospitalized each summer due to excessive heat.

• Heat waves can result in blackouts and power outages due to electricity spikes caused by increased air conditioning use, especially during the peak summertime hours when air conditioners are straining to overcome the heat.
Tips:

- Slow down: reduce, eliminate, or reschedule strenuous activities until the coolest time of the day. Children, seniors, and anyone with health problems should stay in the coolest available place, which is not necessarily indoors.
- Wear lightweight, loose-fitting, and light-colored clothing to reflect heat and sunlight.
- Eat light, cool, and easy-to-digest foods such as fruit or salads.
- Drink plenty of water, non-alcoholic drinks, and decaffeinated fluids, even if you don’t feel thirsty.
- Use air conditioners or spend time in air-conditioned locations such as malls and libraries.
- Minimize direct exposure to the sun. Sunburn reduces your body’s ability to dissipate heat.
- Check on older, sick, or fragile people who may need help responding to the heat.
- Protect your pets!
  - Provide your pets with ample shade. Tree shade and tarps are ideal because they don't obstruct air flow. Enclosed structures can trap heat.
  - Make sure they have protection from heat and sun and plenty of fresh, cold water.
  - Limit exercise. It is best for your pets to exercise in the early morning or evening hours when it is not as hot.
  - Avoid pavement and other hot surfaces. If the surface is too hot for bare feet, it's too hot for bare paws.
  - Never leave a pet in the car, not even if you leave windows cracked open.
  - Watch for signs of heatstroke. Some signs of heatstroke are heavy panting, glazed eyes, difficulty breathing, excessive thirst, lethargy, lack of coordination, profuse salivation, vomiting, a deep red or purple tongue, and unconsciousness.
- Beat the heat, check the backseat!
  - Never leave a child or pet unattended in a vehicle, not even for a few moments. Studies have shown that “cracking the windows” provides little, if any, relief. Temperatures inside a closed vehicle can reach 140°F on a hot and sunny day.