

# Excessive Heat Awareness and Safety Month June 2020

**Practice HEAT SAFETY  
Wherever You Are**

Heat related deaths are preventable.  
Protect yourself and others from the impacts of heat waves.

**Job Sites**  
Stay hydrated and take breaks in the shade as often as possible

**Indoors**  
Check up on the elderly, sick and those without AC

**Vehicles**  
Never leave kids or pets unattended - LOOK before you LOCK

**Outdoors**  
Limit strenuous outdoor activities, find shade, and stay hydrated

[weather.gov/heat](https://www.weather.gov/heat)

Remember these tips for staying safe in extreme heat:

**H**ydrate. Whether you feel thirsty or not, drink plenty of water to avoid becoming dehydrated, *especially* when you're working or exercising outside.

**E**ducate yourself. Keep up with the latest temperature and heat index forecasts and current readings (take actions to stay cool and safe when the temperatures hits 85 degrees or the heat index hits 90 degrees). Know the warning signs of a heat illness, and how you can stay cool.

**A**ct quickly when a heat illness is suspected. Seek medical attention immediately for any of these warning signs: cramping, rapid pulse, heavy sweating, hot red skin, dizziness, confusion, nausea, vomiting.

**T**ake it easy. Anyone working or exercising outdoors should avoid overexertion, especially between the hours of 11 am and 6 pm. Take hourly breaks in the shade or in air conditioning.

**Heat Related Deaths**  
**ARE Preventable**  
**LOOK BEFORE YOU LOCK**



The temperature in your car can quickly become deadly!

Outside Temperature 80°

Inside 99° Time Elapsed: 10 Minutes	Inside 109° Time Elapsed: 20 Minutes
Inside 114° Time Elapsed: 30 Minutes	Inside 123° Time Elapsed: 60 Minutes

 [weather.gov/heat](https://www.weather.gov/heat) [nhtsa.gov](https://www.nhtsa.gov)

## Extreme Heat

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. In fact, extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Remember:

- 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.
- 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.

## **HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS**

### **Prepare NOW**

- Find places in your community where you can go to get cool.
- Keep your home cool:
  - Cover windows with drapes or shades.
  - Weather-strip doors and windows.
  - Use window reflectors, such as aluminum foil-covered cardboard, to reflect heat back outside.
  - Add insulation to keep the heat out.
  - Use attic fans to clear hot air.
  - Install window air conditioners and insulate around them.
- Learn to recognize the signs of heat-related illness.

### **Be Safe DURING**

- Never leave a child, adult or animal alone inside a vehicle on a warm day.
- Find places with air conditioning. Libraries, shopping malls and community centers can provide a cool place to take a break from the heat.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor how best to accommodate it.
- Do not use electric fans when the temperature outside is more than 95 degrees, as it could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Avoid high-energy activities.
- Check yourself, family members and neighbors for signs of heat-related illness.

### **Recognize and Respond**

Know the signs of heat-related illness and how 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, fainting, nausea, vomiting
- **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 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

## Associated Content

- [Extreme Heat Information Sheet](#) (PDF)
- [Extreme Heat Safety Social Media Toolkit](#) (Link)
- [National Weather Service Heat Safety Tips and Resources](#) (Link)
- [National Weather Service - Dangers of Heat](#) (Link)
- [National Weather Service - Safety During Heat Wave](#) (Link)
- [National Weather Service Summer Safety Weather Ready Nation Outreach Materials](#) (Link)
- [Centers for Disease Control and Prevention](#) (Link)
- [National Integrated Drought Information System](#) (Link)
- [National Integrated Heat Health Information System](#) (Link)

