

## Extreme Heat Advisory!!!

When the heat index is 105 degrees or higher, follow these tips to stay safe in extreme heat.

### Stay Cool and Safe

- Air-conditioning is the number one protective factor against heat-related illness and death. During conditions of extreme heat, spend time in locations with air-conditioning such as shopping centers or public libraries.
- Drink cool, nonalcoholic beverages and increase your fluid intake, regardless of your activity level. Water is your best option - do not wait until you are thirsty.
- Make sure children and the elderly are drinking water, and ensure that persons with mobility problems have adequate fluids in easy reach.
- During heavy exercise in a hot environment, be sure to drink two to four glasses (16-32 ounces) of cool fluids each hour and, if possible, reduce physical activity or reschedule it for cooler times of the day.
- Visit older adults and neighbors at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Use your stove and oven less to maintain a cooler temperature in your home. Eat light meals.
- Electric fans may provide comfort, but when the temperature is in the high 90s fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.
- **Never leave infants, children or pets in a parked car, even if the windows are cracked open – not even for a minute!**
- Choose lightweight, light-colored, loose-fitting clothing and a hat.
- If you must be outdoors, try to limit your outdoor activity to morning and evening hours. Rest often in shady areas so that your body's thermostat will have a chance to recover.

### Watch for Symptoms

Heat-related illnesses such as heat cramps, heat exhaustion and heat stroke can strike at any time. Symptoms include:

- dizziness
- nausea
- rapid heartbeat
- headache
- absence of perspiration
- dry, hot flushed skin.

Watch for changes in condition. If the person refuses water, vomits or begins to lose consciousness, call 9-1-1. Anyone experiencing these symptoms should seek medical attention right away.

**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](http://weather.gov/heat) [nhtsa.gov](http://nhtsa.gov)

### Keep Pets Safe

Be sure to think of your pets too. Never leave an animal in the car on hot days and be sure they have plenty of fresh water when outside. Avoid leaving your pet outside on hot, humid days. Bring your pet in when you can.

### More on Heat Related Illness

[Centers for Disease Control & Prevention](http://www.cdc.gov)

<http://www.nws.noaa.gov/os/heat/>

<http://www.redcross.org/news/article/Red-Cross-How-to-Stay-Safe-in-Hot-Weather>

[https://www.osha.gov/SLTC/heatillness/index.html?utm\\_source=Twitter](https://www.osha.gov/SLTC/heatillness/index.html?utm_source=Twitter)

[http://www.humanesociety.org/animals/resources/tips/pets\\_safe\\_heat\\_wave.html](http://www.humanesociety.org/animals/resources/tips/pets_safe_heat_wave.html)

<http://www.spca.org/heatsafety>