Extreme Heat

DID YOU KNOW?
Heat related deaths are preventable

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

HOW to AVOID:
- Stay hydrated with water, avoid sugary beverages
- Stay cool in an air conditioned area
- Wear light-weight, light colored, loose fitting clothes

WHERE:
- Cars
- Houses with little to no AC
- Construction worksites

WHO:
- More males than females are affected
- Older adults
- Outside workers
- Children

Heat Alert
HEAT ALERTS: Know the difference.

HEAT OUTLOOK
Minor
Excessive heat event in 3 to 7 days

HEAT WATCHES
Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY
Excessive heat event in next 36 hours

DID YOU KNOW?
- Those living in urban areas may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.
- Sunburn can significantly slow the skin's ability to release excess heat.
- Most heat-related illnesses occur because of overexposure to heat or over-exercising.
- 206 people died in the US as a result of extreme heat in 2011.

$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit: http://www.cdc.gov/extremeheat/