

What Is Extreme Heat?

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least 2 to 3 days. Humidity can make days feel even hotter. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to illness or death.

People that are most at risk to extreme heat

Some people are more in danger to heat including:

- Infants and children
- Outdoor workers
- Pregnant individuals
- People over the age of 65
- People with chronic medical conditions such a diabetes, breathing problems, or heart problems

What to do when your body is getting too hot

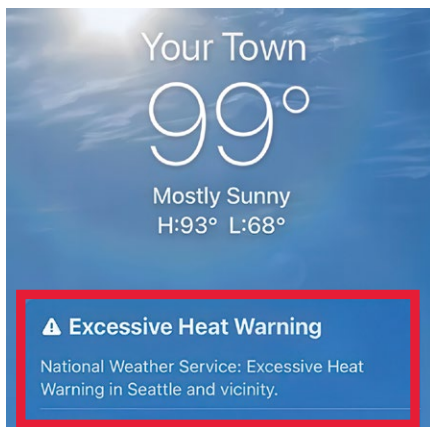
Knowing what to do when someone's body is getting too hot can help save their life. See the figure below to learn what to look for when a body is getting too hot, and what to do.

Heat Exhaustion	Heat Stroke
<div style="border: 2px solid #f4a460; padding: 10px; margin-bottom: 10px;"> <p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve </div> <p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<div style="border: 2px solid #e91e63; padding: 10px; margin-bottom: 10px;"> <p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice </div> <p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>

Know when high temperatures can put your health at risk

You can use your phone's weather app or go to [Weather.com](https://www.weather.com) to see any heat warnings, and current or future local weather forecasts. You can also watch the news on TV or listen on the radio for a weather report or any announcement of a heat advisory or extreme heat warning.

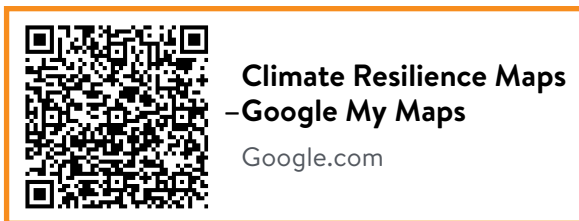
Phone weather app



Prepare for Extreme heat

Being prepared for future extreme heat days can help you stay more comfortable prevent heat exhaustion. Some things you can do now to prepare for extreme heat days in the future are listed below.

- Look for places in your community where you can go to get cool, such as libraries or community centers. Use this QR code to identify cooling centers near you.



- Cover windows or drapes with shades.
- Use or install a powered attic fan to reduce the heat load in the building.
- Insulate and install weather stripping to seal gaps around outside doors and windows to keep heat out.
- Drink plenty of fluids to stay hydrated. If you are sweating a lot, consider drinking electrolyte solutions.
- Take cool showers or baths.
- Wear loose-fitting, lightweight and light colored clothing.
- If you are outdoors, find shade. Avoid high-energy activities or work outdoors during the hottest mid-day hours if possible.
- Talk with your doctor about any special preparations you may need for your health conditions.
- **If you are an outdoor worker, know and ask for your rights for rest breaks, shade, and water.**

If you cannot afford the energy bill to keep your home cool, **talk to your provider about a program called the Low Income Home Energy Assistance Program or LIHEAP.**