## BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

## WHAT:

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.



WHERE:Image: A construction of the termHouses with<br/>little to no ACImage: A construction of termImage: A constructie of te

Cars

During extreme heat the temperature in your car could be deadly! **Outside Temperature 80°** 



## **HEAT ALERTS:** Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
Minor Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Major 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.

**\$30 BILLION** 

Most heat-related illnesses occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

During 1999–2009, an average of 658 people died each year from heat in the United States.

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/disasters/extremeheat



**Centers for Disease Control and Prevention** Office of Public Health Preparedness and Response

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