**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.

**WHO:**
- Children
- Older adults
- Outside workers
- People with disabilities
- More males than females are affected

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

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

**HEAT ALERTS: Know the difference.**

**HEAT OUTLOOK**
- Minor: Excessive heat event in 3 to 7 days
- Major: Excessive heat event in next 36 hours

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

$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/disasters/extremeheat](http://www.cdc.gov/disasters/extremeheat)