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

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 light-weight, light colored, loose fitting clothes

During extreme heat the temperature in your car could be deadly.

Inside
Outside
Temperature
80°
109°
118°
Time Elapsed:
20 minutes
20 minutes
20 minutes

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
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.
- 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.
- 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/