



# Extreme Heat Safety



Stay hydrated



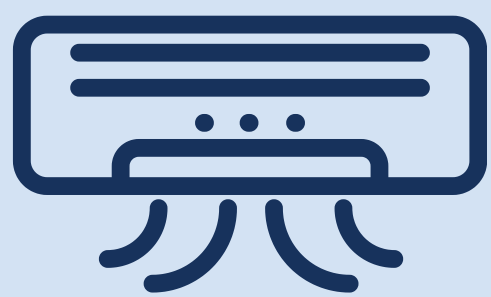
Stay indoors



Know the symptoms

**Extreme heat is usually a period of 2-3 days of high heat and humidity with temperatures above 90 degrees.**

## What To Do



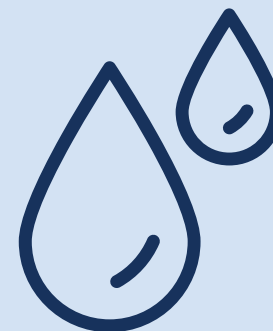
Use air conditioners, cooling centers, and other cooled environments.



Check on neighbors.



Avoid strenuous activities.



Hydrate.



Watch for heat related illnesses.



Never leave pets or children in a hot car.



Wear light clothing.

# Heat Illnesses

**Heat stress is your body's inability to maintain its normal temperature and can result in the following:**

## Heat Cramps

Heat cramps are muscle pains and spasms caused by heavy exertion and by large loss of salt and water in the body.

## Heat Exhaustion

During heat exhaustion blood flow to your skin increases, but it decreases the blood flow to your vital organs. Heat exhaustion causes mild shock, and if not treated could result in heat stroke.

## Heat Stroke

Heat stroke is a life threatening-medical emergency. Your body can no longer stay cool and your temperature will keep getting higher. This can result in brain damage or death.

**Elderly, infants and young children, low-income individuals, and people who work outdoors are at greater risk for heat related illnesses.**



## Did you know?

**Extreme heat causes more deaths than any other environmental hazard in the U.S including tornadoes, hurricanes, and floods.**