

Extreme Heat

Preparing Your Health for Extreme Heat

- When temperatures reach very high levels over an extended period, it can become a serious health risk as it disproportionately impacts certain populations. Extreme heat is also the leading cause of annual deaths among all weather-related hazards.
 - Extreme heat impacts infrastructure, homes, crops and livestock, wildfires, personal health, and much more.
- **Populations impacted** the most by extreme heat:
 - Young children
 - Overweight individuals
 - Elderly population
 - People with medical conditions or sickness
 - People who work outdoors
 - People living in outdated infrastructure (poor electric wiring, no AC units, etc.)
- Check the week's weather forecast — if extreme heat conditions are projected over the coming days, ensure you stay hydrated by drinking water, staying in cool areas, and wearing lightweight clothing to regulate your body temperature.
- Things you can do to weather-proof your home:
 - Install window air conditioners.
 - Limit the use of the oven, stove top, and other household appliances/items that could raise the temperature of your home.
 - Do not rely on electric fans as they simply move air — they do not reduce the temperature.
- Check the local news and National Weather Station for extreme heat alerts. Using tools such as the HeatRisk [Dashboard](#) and HeatRisk [Forecast Tool](#) developed by both CDC and NOAA.

Protecting Your Health During Extreme Heat

- **Tips** for managing extreme heat
 - Identify public cooling centers near you (libraries, public pools, shopping malls, etc.). Make sure these cooling centers are open and able to accommodate the public during extreme heat events.

- Drink plenty of water to stay hydrated throughout the day.
- Never leave anyone in a parked car, especially children and pets.
- Check on those at high-risk for heat-related illness including people 65+ years, infants, children, pets, and anyone without A/C.
- **Symptoms of heat stroke — call 911 or seek medical attention immediately. Do not drink any liquids.**
 - High body temperature (103 F or higher)
 - Hot and dry skin
 - Nausea, dizziness, and headaches
- **Symptoms of heat exhaustion — move to a cooler environment, keep your body temperature low, remove excess clothing, and take sips of liquid. If symptoms persist and worsen, seek medical attention.**
 - Heavy sweating
 - Muscle cramps
 - Nausea, dizziness, and headaches

Recovering After Extreme Heat

- A primary concern is that existing infrastructure across the US is not meant to withstand such high temperatures – particularly states in the northwest which typically experience cooler summer months
 - As extreme heat events become more frequent, there needs to be a change to existing infrastructure across the US so people can endure the rising heat levels.
 - This includes installing window film or tinting, backup power supplies, changing the exterior color of your home, upgrading home insulation, and more.
- If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program](#) (LIHEAP) for help.
- You can contact the Red Cross Disaster Distress Helpline for free if you need to talk to someone. Call or text 1-800-985-5990.
- The NWS [HeatRisk](#) is an experimental color-numeric-based index that provides a forecast risk of heat-related impacts to occur over a 24-hour period
- [CDC's HeatRisk Dashboard allows people to enter their ZIP code and access important heat and health information pertaining to their location.](#)
- CDC HeatRisk Map - [HeatRisk](#) | [Tracking](#) | [NCEH](#) | [CDC](#)