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  - People living in outdated infrastructure (poor electric wiring, no AC units, etc.)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 are 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](https://www.energystar.gov/face/sites/energystar.gov/files/pdf/energy-assistance-programs.pdf) (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](https://www.nws.noaa.gov/heat/index.php) 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](https://www.cdc.gov/nceh/heat/index.html) 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](https://www.cdc.gov/nceh/heat/index.html)