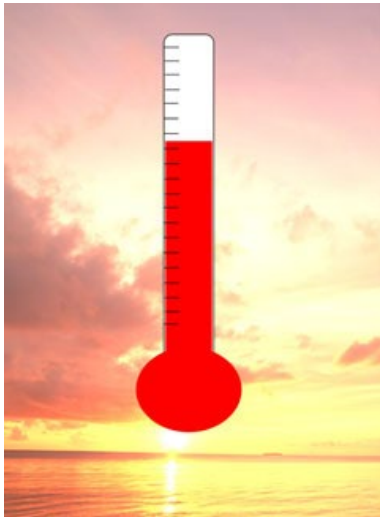




## Prepare for Extreme Heat

Heat is the number one weather-related killer. Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.



### **Extreme Heat**

causes more deaths  
each year than  
hurricanes, lightning,  
tornadoes, earthquakes  
and floods combined!

#### **What is Extreme Heat?**

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Because some places are hotter than others, this

depends on what's considered average for a particular location at that time of year. Humid and muggy conditions can make it seem hotter than it really is.

### **What Causes Heat-Related Illness?**

Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.



### **Stay Safe during the Heat**

The Red Cross recommends taking these steps to stay safe during the heat:

- Listen to [NOAA Weather Radio](#) for critical updates from the National Weather Service
- Never leave children or pets alone in enclosed vehicles
- Eat small meals and eat more often
- Avoid extreme temperature changes
- Limit intake of alcoholic beverages
- Drink plenty of water, even if you do not feel thirsty, and avoid drinks with caffeine
- Stay on the lowest floor out of the sunshine if air conditioning is not available
- Wear loose-fitting, lightweight, light-colored clothing

- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day
- Use a buddy system when working in excessive heat
- Take frequent breaks if working outdoors
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat
- Check on animals frequently to ensure that they are not suffering from the heat, and ensure they have water and a shady place to rest.



### BE COOL

Make use of fans or air-conditioners set to cool.

### Stay Cool

**Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing.

**Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into

the heat. Call your local health department to see if there are any heat-relief shelters in your area.

- Keep in mind: Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

**Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.



### DRESS DOWN

Wear lightweight, light coloured, loose-fitting clothes made from natural fibers, like cotton or linen.

**Do Not Leave Children in Cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying.

### Stay Hydrated



**What to Eat & Drink During a Heat Wave**

-  Eat small meals and eat more often.
-  Stay hydrated by drinking plenty of fluids even if you do not feel thirsty.
-  Avoid drinks with caffeine or alcohol.

 American Red Cross

**Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.

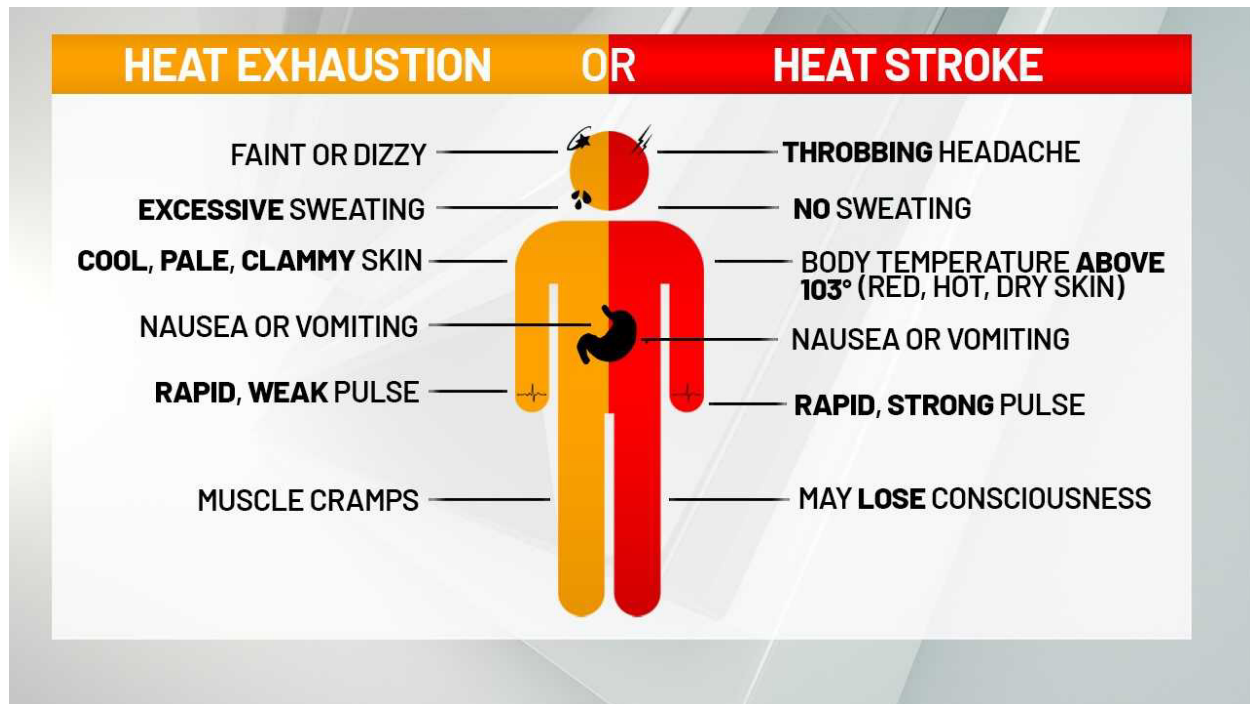
### HEAT STROKE: What to Look For

**High Body Temperature (103 degrees F or higher),** hot and red skin, fast and strong pulse, headache, dizziness, nausea, confusion, losing consciousness passing out

#### **What to do:**

**Call 911** because heat stroke is a medical emergency, move the person to a cooler place, lower the person's temperature with cool, moist cloths. Do not give the person anything to drink.

## HEAT EXHAUSTION: What to Look For



### What to do:

**Move to a cool place**, loosen clothes, apply cool wet cloths to the person's body, sip water

**Get medical help** if vomiting, symptoms get worse or last longer than 1 hour.

### Extreme Heat Preparedness Checklist

- Build a [disaster supply kit](#) and make a [family emergency plan](#)
- If installing window air conditioners, install them snugly and insulate if necessary
- Check air-conditioning ducts for proper insulation
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside
- Weather-strip doors and sills to keep cool air in

- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers — outdoor awnings or louvers can reduce the heat that enters a home by up to 80%
- Keep storm windows up all year
- Listen to local weather forecasts and stay aware of upcoming temperature changes
- Know those in your neighborhood who are elderly, young or in poor health — they are more likely to become victims of excessive heat and may need help
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas
- Get trained in first aid to learn how to treat heat-related emergencies

**For more information, please visit:**

<https://www.cdc.gov/disasters/extremeheat/index.html>

<https://www.osha.gov/SLTC/heatstress/>

<https://www.webmd.com/a-to-z-guides/heat-stroke-symptoms-and-treatment#1>

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