



## Extreme Heat

Health Threats from Extreme Heat	
<b>What is Extreme Heat?</b>	Temperatures that hover 10° degrees or more above the average high temperature for the region and last for several weeks as extreme heat.
<b>What can happen to me in extreme heat?</b>	<p>Heat stroke is the most serious heat-related illness.</p> <p>It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down.</p> <p>Body temperature can rise to 106 degrees or higher within 10-15 minutes.</p> <p>Health stroke can cause death or permanent disability if emergency treatment is not provided.</p>
<b>Signs and Symptoms of Heat Stroke</b>	<p><b>Warning signs may vary but may include the following:</b></p> <ul style="list-style-type: none"> <li>• An extremely high body temperature (above 103° F)</li> <li>• Red, hot, and dry skin (no sweating)</li> <li>• Rapid, strong pulse</li> <li>• Throbbing headache</li> <li>• Dizziness and Nausea</li> </ul>
<b>How can I protect myself?</b>	<p>Increase your fluid intake, regardless of your activity level.</p> <p>Don't wait until your thirsty to drink water.</p> <p>Do not drink liquids that contain alcohol or large amounts of sugar, these can actually cause you to lose more body fluid.</p> <p>Avoid outdoor activity during peak heat hours.</p> <p><b>Avoid going outdoors and stay indoors as long as you can.</b></p>
<b>If you must be out in the heat</b>	<p>Limit your outdoor activity to morning and evening hours.</p> <p>Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour.</p> <p>Try to rest in shady areas.</p> <p>Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses by putting on sunscreen of SPF 15 or higher.</p>
<b>Protect the elderly</b>	<p>Visit older adults at risk at least twice a day and watch for signs of heat exhaustion or heat stroke.</p> <p>Take them to air-conditioned location.</p> <p>Ensure older adults have access to an electric fan whenever possible.</p>