SUMMER HEAT SAFETY

The National Weather Service has issued an Excessive Heat Warning for parts of Pennsylvania. The Office of Developmental Programs (ODP) is reissuing this Summer Heat Safety Health Alert as a reminder of the very serious nature of heat related injuries. It is important to be mindful of heat related injuries all season. Heat-related deaths and illnesses are preventable. Despite this fact, more than 600[1] people in the United States are killed by excessive heat every year. according to the Centers for Disease Control and Prevention. **If a person shows symptoms of heat stroke or is at risk and has heat exhaustion symptoms, then call 911.**

HEAT ILLNESS CAN KILL. PREVENTION STRATEGIES AND RAPID RESPONSE ARE CRITICAL

Heat Index[2]

- The Heat Index is a measure of how hot it really feels when **relative humidity** is factored in with the actual air temperature.
    - To find the Heat Index temperature, look at the Heat Index Chart or check our **Heat Index Calculator**.
    - Since heat index values were devised for shady, light wind conditions, exposure to full sunshine can increase heat index values by up to 15°F.
    - Strong winds, particularly with very hot, dry air, can be extremely hazardous.
- The National Weather Service will initiate alert procedures when the Heat Index is expected to exceed 105°-110°F (depending on local climate) for at least 2 consecutive days.
    - **Excessive Heat Outlook:** Be Aware! An excessive heat outlook is issued when the potential exists for an excessive heat event in the next 3- 7 days. It provides

[1] https://www.cdc.gov/disasters/extremeheat/index.html
[2] https://www.weather.gov/safety/heat-index

information to individuals who need considerable lead time to prepare for the event.

- **Excessive Heat Watch:** Be Prepared! A heat watch is issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. It is used when the risk of an extreme heat event has increased, but its occurrence and timing is still uncertain.
- **Excessive Heat Warning/Advisory:** Take Action! An excessive heat warning or a heat advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. Take precautions immediately to avoid heat-related illness.

The facts about extreme heat:

- Extreme heat causes more deaths than from hurricanes, lightning, tornadoes, floods, and earthquakes combined.
- Heat related injuries are preventable.
- Dehydration contributes to heat injury.
- Some people are more likely to get heat related injuries than others.

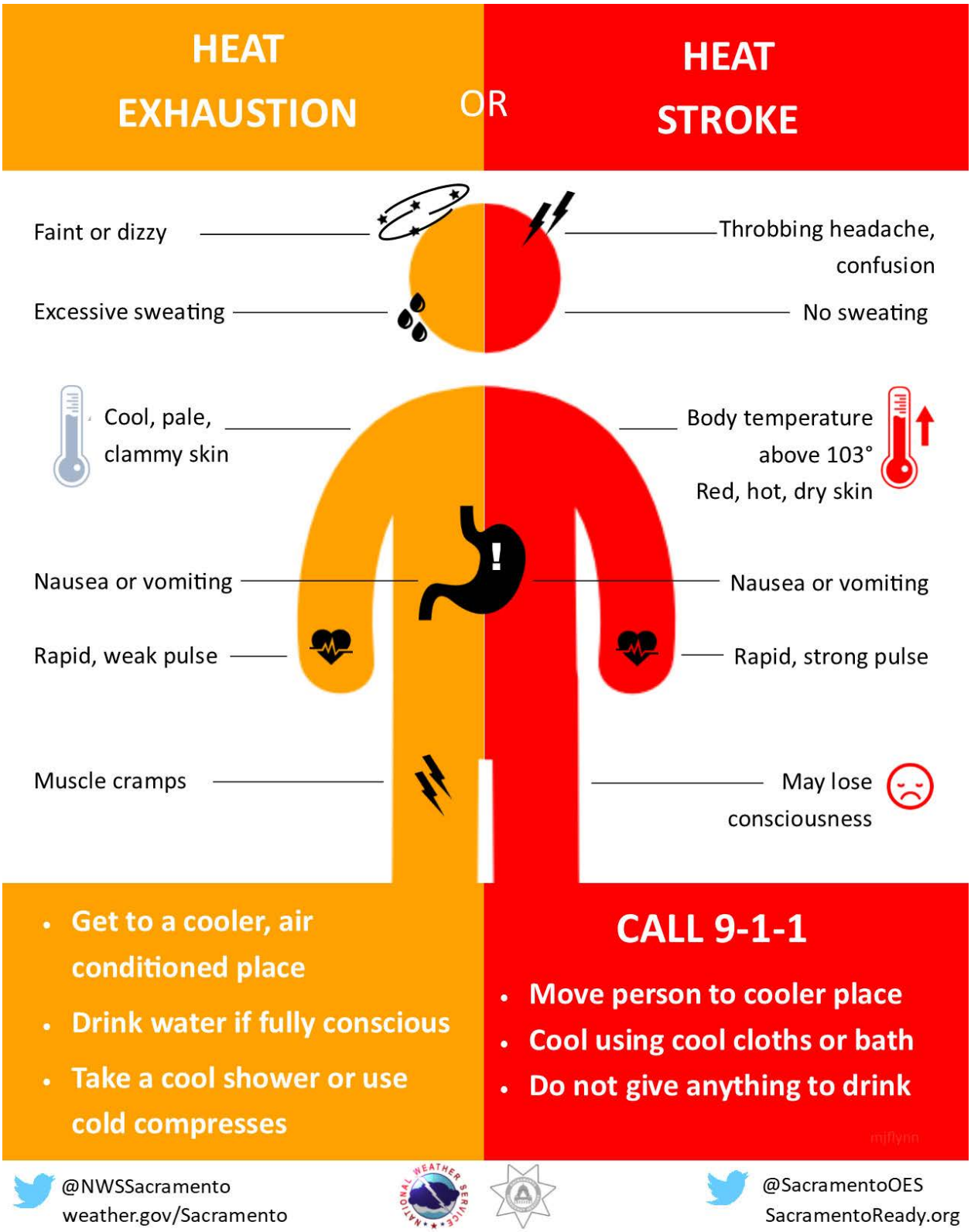
Who is at most risk for injury from extreme heat?

- People over 65 and under 5 years of age
- People with certain medical conditions or on certain medications like:
  - Heart disease, diabetes, obesity, or high blood pressure
  - Medications for depression, insomnia, or poor circulation
- People that work or exercise outside

What heat related illnesses are there?

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses. The Centers for Disease Control and Prevention (CDC) **provides a list** of warning signs and symptoms of heat illness and recommended first aid steps. Some of these symptoms and steps are listed below.

- ***Heat Cramps:*** Heat cramps may be the first sign of heat-related illness and may lead to heat exhaustion or stroke. **Seek immediate medical attention if cramps last longer than 1 hour.**
    - **Symptoms:** Painful muscle cramps and spasms usually in legs and abdomen and Heavy sweating.
    - **First Aid:** Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water unless the person complains of nausea, then stop giving water.
- ***Heat Exhaustion:*** **Seek immediate medical attention if the person vomits, symptoms worsen, or last longer than 1 hour**
    - **Symptoms:** Heavy sweating, weakness or tiredness, cool, pale, clammy skin; fast, weak pulse, muscle cramps, dizziness, nausea or vomiting, headache, fainting
    - **First Aid:** Move person to a cooler environment, **preferably a well air-conditioned room.** Loosen clothing. Apply cool, wet cloths or have person sit in a cool bath. Offer sips of water.
- ***Heat Stroke:*** **Call 911 or get the victim to a hospital immediately**
    - **Symptoms:** Throbbing headache, confusion, nausea, dizziness, body temperature above 103°F, hot, red, dry or damp skin, rapid and strong pulse, fainting, loss of consciousness.
    - **First Aid: Call 911 or get the victim to a hospital immediately.** Heat stroke is a severe medical emergency. Delay can be fatal. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool cloths or bath. Use fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures. Do **NOT** give fluids.


HEAT EXHAUSTION
OR
HEAT STROKE
Faint or dizzy
Throbbing headache, confusion
Excessive sweating
No sweating
Cool, pale, clammy skin
Body temperature above 103°
Red, hot, dry skin
Nausea or vomiting
Nausea or vomiting
Rapid, weak pulse
Rapid, strong pulse
Muscle cramps
May lose consciousness
• Get to a cooler, air conditioned place
• Drink water if fully conscious
• Take a cool shower or use cold compresses
CALL 9-1-1
• Move person to cooler place
• Cool using cool cloths or bath
• Do not give anything to drink
@NWSSacramento
weather.gov/Sacramento
@SacramentoOES
SacramentoReady.org

What to do to prevent heat related injuries:

- Drink lots of fluids, especially water. Keep cold water with you whenever you are outside. Talk to your doctor about how much to drink if you must limit liquids.
- Be sure to replace salt either by eating some salty things or drinking some (not all) of your liquids as sports drinks. Talk to your doctor if you must limit salt.
- Wear lightweight, light-colored, loose-fitting clothing.
- Limit outside activities to morning before noon and evening after 6 PM. Go at a slower pace and monitor yourself for signs of heat problems. STOP if you begin to develop difficulties and move to an air conditioned or shaded area.
- Stay indoors in air conditioning. If you don't have air conditioning try to spend some time during the day in air conditioning such as at the library, mall, or a friend's house that has air conditioning. If the heat index is below the high 90's, use a fan with the windows open.
- Cover windows with drapes or shades. Weather-strip doors and windows. Use window reflectors specifically designed to reflect heat back outside. Add insulation to keep the heat out. Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.
- Never take a cool shower immediately after becoming overheated.
- Avoid using the oven or stove especially during the hottest parts of the day.
- If working or exercising outside, work with another person and monitor each other for signs of heat problems.
- Try to stay in the shade as much as possible.
- Monitor people that are at high risk.
- Visit the people who are elderly or those that live alone and are at risk and watch them closely for signs of heat exhaustion or heat stroke.

What <u>not</u> to do in the extreme heat:

- ***NEVER*** <u>leave anyone in a parked vehicle, even with window open, for any amount of time in hot weather.</u>
- Avoid hot foods and heavy meals. Eat more frequent, smaller meals.
- Don't drink a lot of fluids with caffeine or sugar in them as they can increase water loss. Don't drink alcohol in hot weather as it also can increase water loss.
- When in doubt, throw it out! Throw out food that got wet or warm.
- Ask your healthcare provider or doctor about using refrigerated medicines that got warm.
- Take Care of Yourself
    - It's normal to have a lot of feelings.
    - Eat healthy food and get enough sleep to help you deal with stress.
    - You can contact the Disaster Distress Helpline for free if you need to talk to someone at 1-800-985-5990 or text "TalkWithUs' to 66746.

<u>Additional resources about Summer Heat Safety:</u>

Centers for Disease Control and Prevention

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

Federal Emergency Management Agency

https://www.ready.gov/heat

https://www.ready.gov/sites/default/files/2021-01/ready_extreme-heat_info-sheet.pdf

https://www.ready.gov/extreme-heat-safety-social-media-toolkit

Pennsylvania Emergency Management System

https://www.ready.pa.gov/BeInformed/Know-The-Threats/Pages/Extreme-Heat.aspx

American Red Cross

https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/heat-wave-safety.html

https://www.redcross.org/content/dam/redcross/atg/PDF_s/Preparedness___Disaster_Recovery/Disaster_Preparedness/Heat_Wave/HeatWave.pdf

National Weather Service/National Oceanic and Atmospheric Administration

https://www.weather.gov/safety/heat

https://www.weather.gov/wrn/intellectualdisabilities

https://www.weather.gov/media/owlie/HeatSafety-OnePager-11-29-2018.pdf