



Heat Related Preparedness & Precautions

Heat related illnesses are dangerous and everyone should prepare and take precautions for themselves, families and pets. As we continue to move into the summer hot and humid conditions can make it difficult to function and can cause life threatening conditions. These hot and humid conditions can have a large impact on any outdoor activity with heat stress becoming a factor. These become a factor when consecutive days of high temperatures in the 90s occur. The cumulative effect of this heat could potentially take its toll on those who are susceptible to extreme heat.

A **Heat Advisory** issued by the National Weather Service means that a period of hot temperatures is expected. The combination of hot temperatures and high humidity will combine to create a situation in which heat illnesses are possible. Drink plenty of fluids...stay in an air-conditioned room if possible...stay out of the sun...and check on relatives and neighbors. Children and pets should never be left unattended in vehicles under any circumstances. Always, provide water for your pets.

Heat related illnesses occur when the body is unable to cool itself. Those who are elderly, very young (age 0-4), obese, taking prescription drugs or drinking alcohol are most at risk of becoming the victim of a heat illness. Having a fever, heart disease, poor circulation, sunburn or being dehydrated also limits the body's ability to control body temperature.

Air conditioning is the number one defense against heat-related illnesses and death. Those who do not have air-conditioning at home should periodically go to the mall, public library, or to a friend or relative's house for a few hours to cool off. Exposure to air-conditioning for even a few hours can significantly reduce your risk for getting a heat-related illness. In addition to staying in a cool space, drink plenty of water. Staying cool and drinking water are the best ways to prevent heat stroke and heat exhaustion.

If you are outside for an extended period of time or indoors without air-conditioning and your heart begins to pound, you become lightheaded, confused, and weak or faint **STOP ALL ACTIVITY!! Call 9-1-1 FOR IMMEDIATE ASSISTANCE!!**

Heat Stress Index									
Relative Humidity									
°F	10%	20%	30%	40%	50%	60%	70%	80%	90%
104	98	104	110	120	132				
102	97	101	108	117	125				
100	95	99	105	110	120	132			
98	93	97	101	106	110	125			
96	91	95	98	104	108	120	128		
94	89	93	95	100	105	111	122		
92	87	90	92	96	100	106	114	122	
90	85	88	90	92	96	100	106	114	122
88	82	86	87	89	93	95	100	106	115
86	80	84	85	87	90	92	96	100	109
84	78	81	83	85	86	89	91	95	99
82	77	79	80	81	84	86	89	91	95
80	75	77	78	79	81	83	85	86	89
78	72	75	77	78	79	80	81	83	85
76	70	72	75	76	77	77	77	78	79
74	68	70	73	74	75	75	75	76	77

NOTE: Add 10°F when protective clothing is worn. Add 10°F when in direct sunlight.

Humiture °F	Danger Category	Injury Threat
Above 130°	EXTREME DANGER	Heat stroke imminent!
105° to 130°	DANGER	Heat cramps or exhaustion likely, heat stroke possible if exposure is prolonged and there is physical activity.
90° to 105°	EXTREME CAUTION	Heat cramps and heat exhaustion possible if exposure is prolonged and there is physical activity.
80° to 90°	CAUTION	Fatigue possible if exposure is prolonged and there is physical activity.
Below 80°	NONE	Little or no danger under normal circumstances.

Tips for Avoiding Heat Related Illness

- Drink plenty of water and natural fruit juices, even if you're not thirsty. Avoid alcoholic beverages and drinks with caffeine, such as coffee, tea and colas.
- Wear loose fitting, lightweight, light-colored clothing. If you must go out, use sunscreen and wear a wide brimmed hat. Remember that sunburn reduces the skin's ability to provide cooling.
- Avoid going out during the hottest times of the day. Take frequent breaks if working during the heat of the day.
- Using a buddy system between co-workers in high-stress jobs can help ensure that signs of heat stress do not go unnoticed.
- Inside during the day, keep shades drawn and blinds closed. Use air-conditioning whenever available. Just two hours per day in air conditioning can significantly reduce the risk of heat-related illness.
- Fans should only be used in a ventilated room. Blow hot air out a window with a fan during the day, and blow in cooler air at night.
- Take cool (not icy cold) baths or showers. Eat frequent, small meals. Avoid high protein foods, which increase metabolic heat. Fruits, vegetables, and salads constitute low protein meals.