

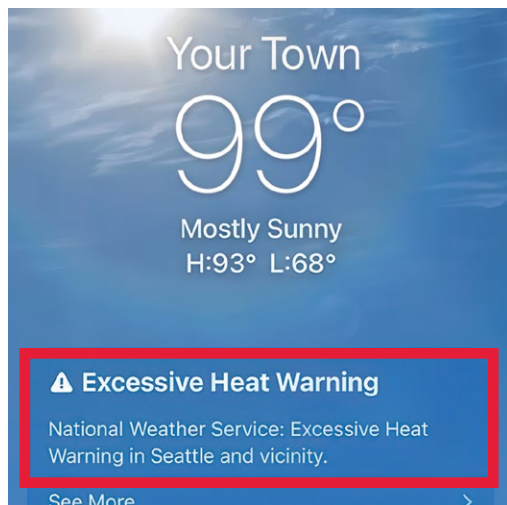
## What Is Extreme Heat?

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees F. for at least two to three days. Humidity can make days feel even hotter. In extreme heat your body works extra-hard to maintain a normal temperature, which can lead to illness or death.

## Know When High Temperatures Can Put Your Health at Risk

You can use your phone's weather app or go to [Weather.com](https://www.weather.com) to get your local forecast. You can also tune into your local weather forecast on TV or radio. Look or listen for an announcement or a heat advisory or extreme heat warning.

### Phone weather app



## Prepare for Extreme Heat

- Look for places in your community where you can go to get cool, such as libraries or community centers. Use this QR code to identify cooling centers near you.



- Cover windows with drapes or shades.
- Use or install a powered attic fan to reduce the heat load in the building.
- Insulate and install weather stripping to keep heat out.



- Drink plenty of fluids to stay hydrated. If you are sweating a lot, consider drinking electrolyte solutions.
- Take cool showers or baths.
- Wear loose-fitting, lightweight, and light-colored clothing.
- If you are outdoors, find shade. Avoid high-energy activities or work outdoors during the hottest mid-day hours if possible.
- Talk with your doctor about any special preparations you may need for your health conditions.
- **Know your rights for rest breaks, shade, and water if you are an outdoor worker.**
- If you can't afford the energy cost to keep your home cool, **talk to your provider about LIHEAP.**

## Heat Illness Awareness

Certain populations are more vulnerable to heat:

- Infants and children
- Outdoor workers
- Pregnant individuals
- Individuals over the age of 65
- Individuals with chronic medical conditions such as diabetes, breathing problems, or heart problems

See the figure below for what to do when your body gets too hot.

Heat Exhaustion	Heat Stroke
<div style="border: 2px solid #f4a460; padding: 10px; margin-bottom: 10px;"> <p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul> </div> <p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<div style="border: 2px solid #e91e63; padding: 10px; margin-bottom: 10px;"> <p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul> </div> <p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
	
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
 <p>Stay Cool, Stay Hydrated, Stay Informed!</p>	