Extreme Heat

Heat related deaths are 100% preventable

**WHAT:**
Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

**WHO:**
More males than females are affected
Children
Elderly
Construction workers

**WHERE:**
Houses with little to no AC
Construction worksites
Cars

**HOW to AVOID:**
Stay hydrated with water, avoid sugary beverages
Stay cool in an air conditioned area
Wear light-weight, light colored, loose fitting clothes

**HEAT ALERTS:** Know the difference.

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<th>HEAT OUTLOOK</th>
<th>HEAT WATCHES</th>
<th>HEAT WARNING/ADVISORY</th>
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<tbody>
<tr>
<td>Minor</td>
<td>Excessive heat event in 3 to 7 days</td>
<td>Excessive heat event in 12 to 48 hours</td>
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<tr>
<td>Major</td>
<td>Excessive heat event in next 36 hours</td>
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**DID YOU KNOW?**
Those living in urban areas may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Sunburn can significantly slow the skin's ability to release excess heat.

Most heat disorders occur because of overexposure to heat or over-exercising.

206 people died in the US as a result of extreme heat in 2011.

$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
http://www.cdc.gov/extremeheat/

Center for Disease Control and Prevention
Office of Public Health Preparedness and Response
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