

At-A-Glance

Extreme Heat

- Each year Extreme Heat is responsible for hundreds of deaths in the United States
- Extreme Heat paired with high humidity makes it difficult for the body to maintain its normal temperature
- Overexposure to Extreme Heat can cause several heat-related illnesses, including: Heat Stroke, Heat Exhaustion, and Heat Cramps.



Heat-related illnesses...

Knowing the differences between heat-related illnesses is critical when determining the need for medical care.

- **Heat/Sun Stroke:** life-threatening condition, call 9-1-1 or get help immediately; signs include changes in consciousness and vomiting and high body temperature
- **Heat Exhaustion:** typically occurs when people overexert themselves in hot, humid weather. Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion
- **Heat Cramps:** muscular pains and spasms due to a combination of low fluids and heavy exertion. Although heat cramps are non-life threatening, they are often a precursor to more serious heat-related health concerns.

Did you know that you should have 4-6 ounces of liquid for every 15-20 minutes of activity?

Before Extreme Heat:

- Install window air conditioners snugly; insulate if necessary. Install temporary window reflectors, such as aluminum foil-covered cardboard, to reflect heat back outside.
- Be aware that people living in urban areas may be at greater risk from the effects of heat than those in rural areas
- Listen to local weather forecasts and stay aware of upcoming temperature changes

Sources: Federal Emergency Management Agency

(FEMA)

What you can do:

During Extreme Heat:

- Listen to NOAA Weather Radio for critical updates from the National Weather Service (NWS)
- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible and limit exposure to the sun
- Stay hydrated; water is the best option
- Postpone or delay outdoor games and activities

Did you know?

On average, Extreme Heat claims more lives each year than floods, lightning, tornadoes, and hurricanes combined.

For additional information on extreme heat, go to www.ready.gov.



Cuyahoga County Office of Emergency Management
P: 216-443-5700 | ema@cuyahogacounty.us

