



# BEAT THE HEAT:

## Extreme Heat

Heat related deaths are 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:



Children

More males than females are affected



Older adults



Outside workers



People with disabilities

### WHERE:



Houses with little to no AC



Construction work sites



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



During extreme heat the temperature in your car could be deadly.

Outside Temperature 80°



## HEAT ALERTS: Know the difference.

### HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

### HEAT WATCHES

Excessive heat event in 12 to 48 hours

### HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

## 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.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

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

**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/>



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