



## EXTREME HEAT SAFETY

A heat wave is a prolonged period of excessive heat, often combined with high humidity. These conditions can be dangerous and even life-threatening without proper precautions. Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself.

While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself. This can cause damage to the brain and other vital organs. Heat related illnesses include: heat cramps, heat exhaustion or a heat stroke. Heatstroke can occur in temperatures as low as 57°F.

### KNOW THE DIFFERENCE



#### **EXCESSIVE HEAT WATCH**

*Issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. Used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.*



#### **EXCESSIVE HEAT WARNING**

*Issued when the heat index value is expected to reach or exceed 110° F within the next 12 to 24 hours.*



#### **HEAT ADVISORY**

*Issued when the heat index value is expected to reach 105° to 109° F within the next 12 to 24 hours.*



#### **HEAT INDEX**

*A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15° F.*

## PREPARE YOUR HOME

- ✔ Prepare for a heat wave by checking to see if your home's cooling system is working properly.
- ✔ Consider scheduling routine maintenance for your cooling system.
- ✔ Ensure your home is well insulated and that you have weather stripping around your doors and windows to keep cool air in.
- ✔ Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers.
- ✔ Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.

Visit our website to download an emergency kit checklist + emergency communication plan info.

## DURING EXTREME HEAT

- ✔ Stay indoors, in air-conditioning, as much as possible and limit exposure to the sun.
- ✔ Avoid strenuous work during the warmest part of the day. If you must work during extreme heat, take frequent breaks.
- ✔ Dress in lightweight, loose-fitting, light-colored clothing. Protect your face and head by wearing a wide-brimmed hat.
- ✔ Drink plenty of water and fluids! Sports drinks can help replace the salt and minerals you lose in sweat.
- ✔ Eat well-balanced, light and regular meals.
- ✔ Check on family, friends and neighbors who do not have air conditioning.

## AUTOMOBILE SAFETY



**YOU SHOULD NEVER LEAVE CHILDREN OR PETS ALONE IN A PARKED VEHICLE, EVEN WITH THE WINDOWS DOWN OR AIR CONDITIONING ON.**



**CHILDREN'S BODY TEMPERATURES CAN HEAT UP THREE TO FIVE TIMES FASTER THAN ADULTS.**

## PREPARE YOUR VEHICLE

### CHECK YOUR BATTERY

Most drivers think battery problems occur primarily in the winter, but summer heat can also negatively impact your car's battery. If a car's battery is more than three years old, have it tested by a trained technician to determine how much longer it will last.

### CHECK YOUR TIRES

Driving on under-inflated tires not only affects the handling and braking of a vehicle, it also can cause tires to overheat and increase the likelihood of a blowout. Tires should be checked when the car has not been driven recently, and should be inflated to the pressure recommended by the vehicle manufacturer.

### FLUSH + REPLACE YOUR COOLANT

Automobile engines work extra hard in the summer, and it is the cooling system's job to protect the engine from overheating. The system should be flushed and the coolant replaced periodically as recommended by the vehicle manufacturer.

**AN INDEPENDENT STUDY SHOWED THAT THE INTERIOR TEMPERATURE OF VEHICLES PARKED IN 72° TO 96° F WEATHER ROSE STEADILY AS TIME INCREASED. CRACKING THE WINDOW DOESN'T HELP!**

ELAPSED TIME	TEMP. RISE INSIDE VEHICLE
10 MIN	19°F
20 MIN	29°F
30 MIN	34°F
60 MIN	43°F
1-2 HOURS	45-50°F