



EXTREME HEAT SAFETY

2019

In recent years, excessive heat has caused more deaths than all other weather events, including floods. A heat wave is a prolonged period of excessive heat, generally 10 degrees or more above average, often combined with excessive humidity.

You will likely hear weather forecasters use these terms when a heat wave is predicted in your community:

- **Excessive Heat Watch** - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.
- **Heat Advisory** - Heat Index values are forecasting to meet locally defined advisory criteria for 1 to 2 days (daytime highs= 100-105° Fahrenheit).
- **Excessive Heat Warning** - Heat Index values are forecasting to meet or exceed locally defined warning criteria for at least 2 days (daytime highs= 105-110° Fahrenheit).

Know the Signs of Heat Exhaustion

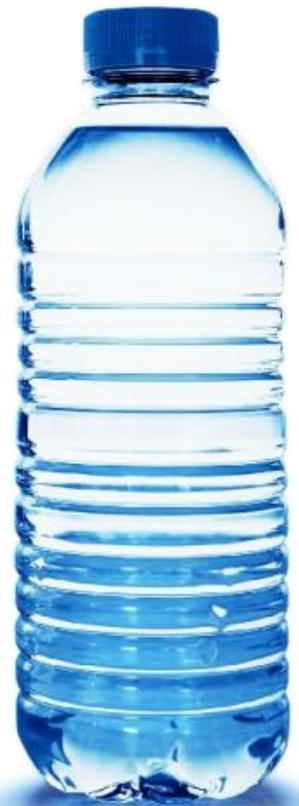
Symptoms of heat exhaustion are: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or fainting. People experiencing these symptoms should be moved to a cool, shady or air-conditioned area.

Know the Signs of Heat Stroke

Heat Stroke is a potentially life-threatening condition characterized by: a body temperature of 103 degrees or higher; red, hot, and dry skin with no sweating; rapid pulse, headache; dizziness; nausea; confusion; unconsciousness; and gray skin color. People experiencing heat stroke need immediate medical assistance.

Information for Seniors

- Stay in air-conditioned buildings as much as possible.
- Contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling source.
- Drink more water than usual.
- Check on your friend or neighbor.
- Don't use the stove or oven to cook.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers.
- Check the local news for health and safety updates.
- Seek medical care immediately if you have symptoms of heat-related illness like muscle cramps, headaches, nausea, or vomiting.



General Water Conservation Tips During a Drought

- Avoid flushing the toilet unnecessarily. Avoid taking baths and long showers.
- Avoid letting the water run while brushing your teeth, washing you face, or shaving.
- Never pour water down the drain when there may be another use for it.
- Choose appliances that are more energy and water efficient.

General Hot Weather Tips

- Stay out of direct sun and wear sunscreen of SPF 15 or higher.
- Be extra careful about sensitive individuals like children, the elderly, or the sick.
- Never ever leave anyone or an animal alone in a car, or a pool or other risky location, not even for "just a few minutes."
- Limit your outdoor activity to morning and evening. Spend time in cool places like a shopping mall, a library, or a theater.
- Save energy - reduce your home power use to help reduce brownouts or blackouts and smog/air pollution.
- Turn off nonessential lights, televisions, games, and computers, and unplug chargers.
- Overexposure to the sun's ultraviolet (UV) radiation can result in painful sunburn. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, and other health problems. Children are particularly at risk.



For More Information Go to disasterassistance.gov/information/disaster-types/heat or the website of the American Red Cross at redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/heat-wave-safety#About

Pets and the heat! Make sure pets of plenty of water and a place out of the sun. Learn more at ready.gov/pets.

Portage County EMA is committed to community preparedness!

Check out our resources online:

- **EMA WEBSITE:** co.portage.oh.us/homeland-security-emergency-management
- **PORTAGE PREPARES WEBPAGE:** co.portage.oh.us/portage-prepares
- **More newsletters at:** co.portage.oh.us/portage-prepares

Download the Portage County Emergency App for iPhone and Android at the iPhone App Store and Google+.



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