

Extreme Heat



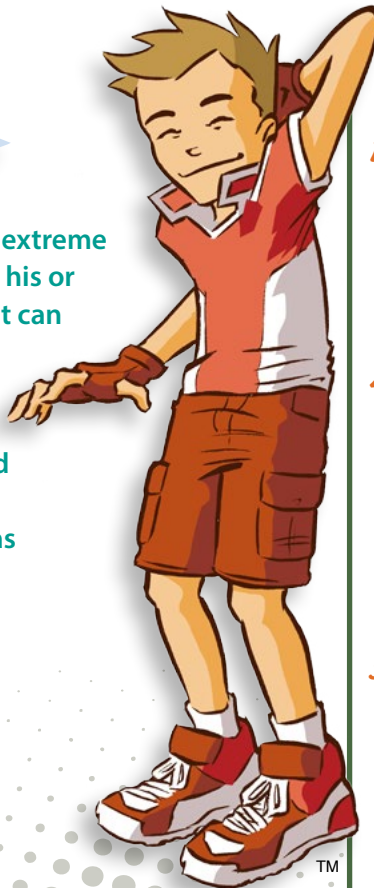
Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity (which is when the air has moisture and feels sticky), the body must work extra hard to maintain a normal temperature and keep the body comfortable. A heat wave is an extended period of extreme heat, and there is often high humidity. These conditions can be dangerous for people who don't take care of themselves properly.

Am I at risk?

Sickness can occur if someone has been in extreme heat for too long, or has over-exercised for his or her age or physical condition. Extreme heat can be more dangerous for older people, the very young, and people who are sick or overweight. People who live in cities can be at greater risk because concrete and asphalt store heat for longer and release it throughout the night, so nights don't get as cool as in areas with less concrete.

Did you know?

Heat is the number one weather-related killer in the United States.



FACT CHECK

- The heat index is:
 - the number in Fahrenheit that tells us how hot it really feels with humidity and full sunshine
 - the price of heating costs
 - a type of thermometer
- The best thing to protect yourself during a heat wave is:
 - To stay out of the sun
 - Use a fan or sit in air conditioning
 - Take a cold shower or bath
 - Avoid physical activity and being outside
 - all of the above
- True or False?** In extreme heat, you should drink a lot of water, even when you are not thirsty.

(1) A. All can help protect you during a heat wave!
 (2) E. All can help protect you during a heat wave!
 (3) True. Drinking water will keep you hydrated and cool down your body.

ANSWERS



For more facts and info on extreme heat visit
<http://www.ready.gov/kids/know-the-facts/extreme-heat>
<http://emergency.cdc.gov/disasters/extremeheat/>
<http://www.noaawatch.gov/themes/heat.php>

Extreme Heat

Be Prepared

BEFORE

- ✓ Build an emergency kit.
- ✓ Make a family communications plan.
- ✓ Keep shades closed on windows that get morning or afternoon sun.

DURING

- ✓ Never sit in a parked car or leave pets in a parked car.
- ✓ Stay inside an air-conditioned area as much as possible.
- ✓ Play indoor games and sports.
- ✓ Drink lots of water. This is your body's air conditioning!
- ✓ Wear loose-fitting clothes in light colors. Did you know dark colors absorb the sun's rays?
- ✓ Wear a hat with a wide brim to protect your face and head.
- ✓ Spend time in local places with air conditioning, like the library or movie theater.

AFTER

- ✓ Don't eat any food that was in the refrigerator if you were without power for more than a day. Food could have spoiled and will make you sick.

WORDS TO KNOW

Humidity The amount of water vapor in the air. Humidity is invisible and can make sweating less effective.

Temperature The measure of how hot or cold something is

Heat Stroke When the body temperature gets too high and can make someone breathe fast, feel dizzy, throw up, get headaches, or feel weak. This can be deadly.

Hyperthermia A dangerous condition where the body absorbs more heat than it can get rid of



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