

Seasonal CRD Preparedness Tips

May: Extreme Heat Preparedness

The summer is quickly approaching, and it is the prime time to review extreme heat. Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death if left untreated. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Tip #1: Prepare for Extreme Heat:

- **Do not rely on a fan as your primary cooling device**
 - Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses
- **Identify places in your community where you can go to get cool**
 - Ex: libraries, shopping malls or a cooling center in your area
- **Doors/Windows:**
 - Cover windows with drapes or shades
 - Weather-strip doors and windows
 - Use window reflectors specifically designed to reflect heat back outside
 - Add insulation to keep the heat out
- **Use a powered attic fan to control the heat level of a building's attic by clearing out hot air.**
- **Install window air conditioners and insulate around them.**
 - If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the Low Income Home Energy Assistance Program (LIHEAP) for help.
- **Individuals most vulnerable:**
 - Older adults or children
 - Sick or overweight individuals



Tip #2: Be Safe During:

- Never leave people or pets in a closed car on a warm day
- Take cool showers or baths
- Wear loose, lightweight, light-colored clothing
- Use your oven less to help reduce the temperature in your home
- Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated
- Avoid midday heat
 - Ex: high-energy activities or work outdoors
- Consider pet safety:
 - Make sure they have water and access to comfortable shade
 - Asphalt and dark pavement can be very hot to your pet's feet
- Watch for heat cramps, heat exhaustion and heat stroke

Tip #3: Heat-Related Illnesses:

- **Heat Cramps:**
 - Signs: Muscle pains or spasms in the stomach, arms or legs

- **Heat Exhaustion:**

- Signs: Heavy sweating, paleness, muscle cramps, tiredness/weakness, fast or weak pulse, dizziness, headache, fainting, nausea/vomiting

- **Heat Stroke:**

- Signs: Extremely high body temperature (above 103 degrees F) taken orally
- Red, hot and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion or unconsciousness

Sources

<https://www.ready.gov/heat>

For more information contact:

Cameron Sellers

Community Resource Development - Disaster Educator

cameron.sellers@kysu.edu