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 worksites

Cars

HOW to AVOID:
Stay hydrated with water, avoid sugary beverages
Stay cool in an air conditioned area
Wear lightweight, light-colored, loose-fitting clothes

Outside Temperature 80°

Time Elapsed:
Inside 109°

Time Elapsed: 20 minutes

Inside 118°

Time Elapsed: 40 minutes

Inside 123°

Time Elapsed: 60 minutes

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

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
Excessive heat event in next 36 hours

Major

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.

During 1999-2009, an average of 658 people died each year from heat in the United States.

$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/disasters/extremeheat

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