

# EXCESSIVE HEAT SAFETY

## Why is Excessive Heat so Dangerous?

Heat becomes especially dangerous if it lingers for more than one day.

Hot days and warm nights don't give our bodies time to cool down.

Heat islands can intensify extreme hot weather, which can cause breathing problems, heat cramps, heat stroke, and may lead to illness or even death.

## What can You do?






Check on your friends, family and neighbors during heat waves.

Wear light, loose-fitting clothing and drink water often. Don't wait until you are thirsty.


Avoid unnecessary hard work or activities if you are outside or in a building without air-conditioning.

Stay in an air-conditioned area. Air conditioning is the strongest protective factor against heat-related illness.





## Heat Impacts: Vulnerable Populations

				
<b>PREGNANT</b>	<b>NEWBORNS</b>	<b>CHILDREN</b>	<b>ELDERLY</b>	<b>CHRONIC ILLNESS</b>
Extreme heat events have been associated with adverse birth outcomes such as low birth weight, preterm birth, infant mortality, and congenital cataracts.	Newborns are extra sensitive to heat because their ability to regulate body temperature is limited.	Young children and infants are particularly vulnerable to heat, as their bodies are less able to adapt to heat than adults. Those under four are especially vulnerable.	Older adults, especially those who have preexisting diseases, take certain medications, live alone or have limited mobility are at higher risk for heat illness.	People with chronic medical conditions are more likely to have a serious health problem during a heat wave.

Source: *The Impacts of Climate Change on Human Health in the United States, A Scientific Assessment (U.S. Global Changes Research Program)*

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Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.				
		 NEVER leave anyone alone in a closed car	 Drink plenty of water, even if not thirsty	
		 Use air conditioners and stay in the shade	 Wear loose-fitting, light-colored clothing	

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