

Stay Informed



It's Hot Outside

Extremely hot weather can cause sickness or even death.

Stay Cool. Spend time in air-conditioned buildings and avoid direct contact with the sun. Take cool showers and baths

Stay Hydrated. Drink plenty of water and don't wait until you're thirsty to drink more. There is no substitute for actual water, not drinks made with water but actual water.

Stay Informed. Check the local news for health and safety updates.

www.cdc.gov/ephtracking

Know When It's Hot!

Sign up to receive free weather alerts to your phone or e-mail at:

www.weather.com

Alerts/Safety Tips



Extreme Heat Safety tips:

- **Dress for the heat** – wear lightweight, light-colored clothing. It is also a good idea to wear hats or to use an umbrella.
- **Eat small meals and eat more often** – avoid foods that are high in protein which increases metabolic heat (body heat).
- **Avoid using salt tablets** - unless directed to do so by a physician.
- **Slow down – avoid strenuous activity.** If you must do strenuous activity, do it during the coolest part of the day.

Heat Alerts:

Heat advisory: Heat index value of 105 to 109 in the next 24 hours

Excessive Heat Watch: Heat index value above 110 in the next 24 to 48 hours

Excessive Heat Warning: Heat index value above 110 in the next 24 hours

Extreme Heat Guide



Stay Cool.

Stay Hydrated.

Stayed Informed.

~ **STOP!** ~

all activities and get to a cool environment if you feel faint or even weak.

CONTACT INFO:

Emergency Management
(920)869-6650
National Weather Service
(920)494-2363

Watch signs for:

Special care

Other Care

Watch for signs

Seek medical care immediately if you or someone you know experiences symptoms of heat sickness. Warning signs and symptoms vary but may include:

Heat exhaustion:

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting
- Vomiting (or nauseous)

Heat Stroke:

- High body temperature (103°F or higher)
- Hot, dry skin
- Rapid and strong pulse
- Possible unconsciousness

Who needs special care?

The elderly, people living with chronic medical conditions, children, homeless or poor, outdoor workers, and athletes are most at risk to heat sickness.

Check in on anyone who is 65 or older to make sure they stay cool, hydrated, and informed.

Those living with chronic medical conditions are less likely to sense and respond to change in temperature. They may also be taking certain medicines that intensify the effects of extreme heat.

During times of extreme heat, many cities offer cooling centers or other air-conditioned shelter for those who need them.

Never leave infants, children, or pets in a parked car even if the windows are cracked open.

Outdoor workers:

are more likely to become dehydrated and susceptible to heat sickness.

- Drink two to four cups of water every hour while working.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen. Sunburn is a first sign of heat sickness.
- Ask if jobs can be scheduled for earlier or later in the day to avoid midday heat.

Athletes and people who exercise:

in extreme heat are more likely to become dehydrated and susceptible to heat sickness.

- Limited outdoor activity.
- Schedule workouts and practices earlier or later in the day.
- Start activities slow and pick up the pace gradually.
- Drink two to four cups of water every hour while exercising.
- Muscle cramping is an early sign of heat sickness.