

# At-A-Glance

## Extreme Heat

- Each year Extreme Heat is responsible for hundreds of deaths in the United States
- Extreme Heat paired with high humidity makes it difficult for the body to maintain its normal temperature
- Overexposure to Extreme Heat can cause several heat-related illnesses, including: Heat Stroke, Heat Exhaustion, and Heat Cramps.



### Heat-related illnesses...

Knowing the differences between heat-related illnesses is critical when determining the need for medical care.

- **Heat/Sun Stroke:** life-threatening condition, call 9-1-1 or get help immediately; signs include changes in consciousness and vomiting and high body temperature
- **Heat Exhaustion:** typically occurs when people overexert themselves in hot, humid weather. Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion
- **Heat Cramps:** muscular pains and spasms due to a combination of low fluids and heavy exertion. Although heat cramps are non-life threatening, they are often a precursor to more serious heat-related health concerns.

**Did you know that you should have 4-6 ounces of liquid for every 15-20 minutes of activity?**

#### Before Extreme Heat:

- Install window air conditioners snugly; insulate if necessary. Install temporary window reflectors, such as aluminum foil-covered cardboard, to reflect heat back outside.
- Be aware that people living in urban areas may be at greater risk from the effects of heat than those in rural areas
- Listen to local weather forecasts and stay aware of upcoming temperature changes

Sources: Federal Emergency Management Agency

(FEMA)

### Did you know?

On average, Extreme Heat claims more lives each year than floods, lightning, tornadoes, and hurricanes combined.

For additional information on extreme heat, go to [www.ready.gov](http://www.ready.gov).

## What you can do:

#### During Extreme Heat:

- Listen to NOAA Weather Radio for critical updates from the National Weather Service (NWS)
- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible and limit exposure to the sun
- Stay hydrated; water is the best option
- Postpone or delay outdoor games and activities



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