

EXTREME HEAT

Are You Ready?

Is a series of handouts designed to assist you and your family to plan ahead for emergencies.



For more information on Extreme Heat— Check out these Helpful websites:



www.weather.gov



Washington County Emergency Services/ Emergency Management
33 W. Washington St.
Hagerstown, MD 21740
240-313-2930



About FEMA

www.fema.gov



www.redcross.org



www.hhs.gov



www.whitehouse.gov

Are You Ready?

WASHINGTON COUNTY HEALTH DEPARTMENT



AUGUST 2005



Extreme Heat

Heat waves are particularly dangerous for children and people with special needs. Please check on your neighbors and offer them assistance.

FOLLOW THESE TIPS TO STAY COOL :

- Stay out of the sun. When in the sun, wear sun-screen (at least SPF 15).
- Wear lightweight, light-colored, loose-fitting clothes that cover as much skin as possible to prevent sunburn.
- Give your body a chance to adjust to extreme temperature changes.
- Drink plenty of non-alcoholic, non-caffeinated fluids.
- Use shades or awnings.
- Consider going to public pools and air-conditioned stores and malls.
- Never leave children, pets, or those who require special care in a parked car during periods of intense summer heat.



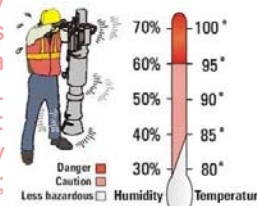
HEAT CRAMPS:

Heat cramps are muscular pains and spasms resulting from heavy exertion. Although heat cramps are the least severe heat-related illness, they are an early signal that the body is having trouble coping with heat and should be treated immediately with rest and fluids. Stretching or direct pressure can also reduce cramps. Unless very severe, heat cramps do not require emergency medical attention.



HEAT EXHAUSTION:

Heat exhaustion occurs when body fluids are lost through heavy sweating due to vigorous exercise or working in a hot, humid place. Symptoms include: sweating; pale, clammy skin; fatigue; headache; dizziness; shallow breaths; and a weak or rapid pulse. Victims of heat exhaustion are tired but not confused. The condition should be treated with rest in a cool area, drinking water or electrolyte solutions, elevating the feet 12 inches, and further medical treatment in severe cases. If not treated, the victim's condition may escalate to heat stroke. If the victim does not respond to basic treatment, seek medical attention.



Heat Terms:

Heat Wave:

Prolonged period of excessive heat often combined with excessive humidity.

Heat Index:

Number of degrees Fahrenheit that indicates how it feels when relative humidity is factored into air temperature.

Heat Advisory:

When the heat index exceeds 100° F for less than three hours a day for two consecutive days.

Excessive Heat Warning:

When the heat index is expected to exceed 115°F or when it exceeds 100°F for three or more hours for two consecutive days.

Excessive Heat Watch:

A Long-term alert for excessive heat.

Ozone Advisory:

Issued when ozone levels are expected to exceed 0.08 parts per million of ozone over an eight-hour period. People should limit their outdoor activity and those with respiratory problems (such as asthma) should be especially careful and avoid strenuous activity.



HEAT STROKE:

Also called "sunstroke." The victim's temperature control system, which produces sweat to cool the body, stops working. The skin is flushed, hot and dry, and body temperature may be elevated. The victim may also be confused, develop seizures, breathe shallowly and have a weak or rapid pulse. This is the most serious heat-related illness and people exhibiting these symptoms should seek emergency medical attention.

