



# HEALTH ALERT

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June 22, 2022

## SUMMER HEAT SAFETY

Summer has begun, and Pennsylvania has already experienced days with high temperatures, with more expected in the days and weeks ahead. The Office of Developmental Programs is re-issuing this Summer Heat Safety Health Alert as a reminder of the very serious nature of heat related injuries. Stay mindful about heat related injuries all season. Extreme heat events, or heatwaves, are a leading cause of extreme weather-related deaths in the United States, according to the Centers for Disease Control and Prevention. If a person shows symptoms of heat stroke or is at risk and has heat exhaustion symptoms, then call 911.

### **HEAT ILLNESS CAN KILL. PREVENTION STRATEGIES AND RAPID RESPONSE ARE CRITICAL**

#### The facts about extreme heat:

- Extreme heat causes more deaths than from hurricanes, lightning, tornadoes, floods, and earthquakes combined.
- Heat related injuries are preventable.
- Dehydration contributes to heat injury.
- Some people are more likely to get heat related injuries than others.

#### Who is at most risk for injury from extreme heat?

- People over 65 and under 5 years of age
- People with certain medical conditions or on certain medications like:
  - Heart disease, diabetes, obesity or high blood pressure
  - Medications for depression, insomnia, or poor circulation
- People that work or exercise outside

#### What are the heat related illnesses?

- *Heat rash* is skin irritation caused by excessive sweating.
- *Heat cramps* are severe cramping of muscles because of dehydration usually while exercising in the heat.



#### Know the Terms

**Heat Advisory. Take Action!** Issued within 12 hours of the onset of extremely dangerous heat conditions. Rule of thumb: the temperature is expected to be 100° or higher.

**Excessive Heat Watch. Be Prepared!** Issued when conditions are favorable for excessive heat in the next 24 to 72 hours. Take steps now to stay safe!

**Excessive Heat Warning. Take Action!** Rule of thumb: the temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°.

- *Heat stroke* is a life-threatening emergency where the body temperature rises quickly. Symptoms include:
  - Hot, dry skin, high body temperature
  - Confusion, delirium, dizziness or loss of consciousness
  - Seizures or convulsions
  - Rapid pulse
- *Heat exhaustion* may precede heat stroke and includes cramps plus the following:
  - Pale sweaty skin
  - Weakness or fatigue
  - Headache, nausea, and/or dizziness
  - Fast weak pulse and fast shallow breathing

Stay **Cool**



Stay **Hydrated**



Stay **Informed**



#### **What to do to prevent heat related injuries:**

- Drink lots of fluids, especially water. Keep cold water with you whenever you are outside. Talk to your doctor about how much to drink if you must limit liquids.
- Don't drink a lot of fluids with caffeine or sugar in them as they can increase water loss.
- Don't drink alcohol in hot weather as it also can increase water loss.
- Be sure to replace salt either by eating some salty things or drinking some (not all) of your liquids as sports drinks. Talk to your doctor if you must limit salt.
- Wear lightweight, light-colored, loose-fitting clothing.
- Limit outside activities to morning before noon and evening after 6 pm. Go at a slower pace and monitor yourself for signs of heat problems. STOP if you begin to develop difficulties and move to an air conditioned or shaded area.
- Stay indoors in air conditioning. If you don't have air conditioning, use a fan with the windows open and try to spend some time during the day in air conditioning such as at the library, mall, or a friend's house that has air conditioning.
- Never take a cool shower immediately after becoming overheated.
- Avoid using the oven or stove especially during the hottest parts of the day.
- Avoid hot foods and heavy meals. Eat more frequent, smaller meals.
- If working or exercising outside, work with another person and monitor each other for signs of heat problems. Try to stay in the shade as much as possible.
- Monitor people that are at high risk. Visit the people who are elderly or those that live alone and are at risk and watch them closely for signs of heat exhaustion or heat stroke.
- **NEVER leave anyone in a parked vehicle, even with window open, for any amount of time in hot weather.**

**What to do if you see any of the signs of heat exhaustion or stroke:**

- Respond quickly to heat related symptoms. Move the person to a cooler area. If possible, move indoors into air conditioning, if not then move into the shade.
- Remove any heavy clothing.
- Cool the person with water either by using wet cloths or towels. Stay with the person. Don't leave them unsupervised.
- If the person shows mild symptoms of heat exhaustion, then give them fluids to drink. Do not do this if they are confused or lethargic.
- **REMEMBER, if a person shows symptoms of heat stroke or is at risk and has heat exhaustion symptoms, call 911.**

## Heat Exhaustion

**ACT FAST**

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

*Dizziness*

*Thirst*

*Heavy Sweating*

*Nausea*

*Weakness*

## Heat Stroke

**ACT FAST**

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Confusion*

*Dizziness*

*Becomes Unconscious*

*Heat exhaustion can lead to heat stroke.*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*

Stay Cool, Stay Hydrated, Stay Informed!

\*\*\* WHEN IN DOUBT, CALL 911. \*\*\*

**Additional resources about Summer Heat Safety:**

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|---|---|
| Centers for Disease Control and Prevention (CDC): | <ul style="list-style-type: none"> <li>✓ <a href="http://www.cdc.gov/extremeheat/">http://www.cdc.gov/extremeheat/</a></li> <li>✓ <a href="https://www.cdc.gov/disasters/extremeheat/how_to_stay_cool_video.html">https://www.cdc.gov/disasters/extremeheat/how_to_stay_cool_video.html</a></li> <li>✓ <a href="https://www.cdc.gov/nceh/tracking/topics/Heat.htm">https://www.cdc.gov/nceh/tracking/topics/Heat.htm</a></li> </ul> |
| Federal Emergency Management Agency (FEMA):       | <ul style="list-style-type: none"> <li>✓ <a href="https://www.ready.gov/heat?utm_source=hp_promo&amp;utm_medium=web&amp;utm_campaign=fe_magov_hp">https://www.ready.gov/heat?utm_source=hp_promo&amp;utm_medium=web&amp;utm_campaign=fe_magov_hp</a></li> </ul>   |
| American Red Cross (ARC):                         | <ul style="list-style-type: none"> <li>✓ <a href="http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/heat-wave-safety">http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/heat-wave-safety</a></li> </ul>   |
| National Weather Service (NWS):                   | <ul style="list-style-type: none"> <li>✓ <a href="https://www.weather.gov/">https://www.weather.gov/</a></li> </ul>   |

Note: The website for each above infographic is included in the Alt Text of the infographic.