

High Heat

What is a heat advisory?

A heat advisory is issued when the National Weather Service (NWS) predicts the heat index will climb to 105°F or more or the temperature is predicted to reach 100°F or more.

What is an excessive heat warning?

An excessive heat warning is issued when the NWS predicts the heat index will reach 110°F and the heat index will only drop to 75°F within the next 48 hours (in other words, hot days and hot nights with no relief). An excessive heat warning may also be issued when a heat advisory will be in effect four or more days in a row, or when the health department sees a significant increase in heat-related illness or death.

What is the public health danger from high heat?

Severe hot weather conditions can cause heat-related illnesses such as heat exhaustion and heat stroke. Heat stroke occurs when the body's core temperature reaches 104°F and can be deadly.

How can I protect myself and my family from heat-related illness?

Drink plenty of water and avoid drinks that contain caffeine or alcohol. Avoid strenuous work or exercise outside during the hottest part of the day. Wear light colored, loose fitting clothing. Stay in air conditioned facilities whenever possible.

What is a heat-related illness?

Heat-related illness occurs when the body's temperature control system is overloaded. Normally the body cools itself by sweating, but high humidity can slow the speed at which sweat evaporates, preventing the body from releasing heat efficiently.

The elderly, children and the chronically ill are more vulnerable because they perspire less efficiently or not at all. They may also be taking medications that hinder the body's cooling system. Also, a child's body temperature rises three to five times faster than an adult's, putting them at risk for heat-related illness more quickly.

What are the symptoms of heat exhaustion?

The most common symptoms of heat exhaustion include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness or fainting, headache and nausea or vomiting.

How should I treat heat exhaustion?

If you experience symptoms of heat exhaustion, rest. Loosen your clothing. Take a cool shower or run your wrists under cold water to cool your body. Drink cool water. If symptoms worsen or last longer than one hour, seek treatment from your health care provider.

What are the symptoms of heat stroke?

Heat stroke occurs when your core body temperature reaches 104°F. It can be deadly. The most common symptoms of heat stroke include a high body temperature, red skin, hot or dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.

How should I treat heat exhaustion or heat stroke?

If you experience symptoms of heat stroke, call 9-1-1 immediately. Move to a cool, shady spot until emergency crews arrive. Cool your body rapidly with cool water and monitor your body temperature. Do not drink alcohol.

Should I use an air conditioner for cooling, or is a fan sufficient?

The best protection against high heat is to stay in an air conditioned building. Air conditioners should be set to no warmer than 78°F, particularly when the building is occupied by children or the elderly. Do not rely on fans for cooling. At high temperatures air from a fan actually increases the body's heat stress by delivering re-circulated, heated air to the body faster than the body can get rid of the heat.