STAYING COOL IN THE HEAT

Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year. Take extra caution when heat warnings are issued. Drink plenty of water and avoid overexertion. Be sure to monitor the heat and air quality, particularly if you suffer from any medical conditions that could be aggravated by the excessive temperatures.

HEAT CRAMPS
Symptoms:
- Painful muscle cramps and spasms in legs and abdomen
- Heavy sweating
First Aid:
- Apply firm pressure on cramping muscles or gently massage to relieve the spasm.
- Give sips of water. If nausea occurs, stop giving water.

HEAT STROKE/SUN STROKE
Symptoms:
- Altered mental state
- Possible throbbing headache, confusion, nausea, dizziness, and shallow breathing
- High body temperature (≥106°F)
- Skin may be hot and dry, or patient may be sweating
- Rapid pulse
- Possible loss of consciousness
First Aid:
- Heat Stroke is a severe medical emergency. Get medical assistance or get the person to the hospital immediately. Delay can be fatal.
- Move the victim to a cooler, preferably air-conditioned, environment
- Reduce body temperature with a water mister and fan, or sponging
- Use fan if heat index temperatures are below the high 90s
- DO NOT GIVE FLUIDS

HEAT EXHAUSTION
Symptoms:
- Heavy sweating
- Weakness
- Cool, pale, clammy skin
- Weak pulse
- Possible muscle cramps
- Dizziness
- Nausea and vomiting
- Fainting
First Aid:
- Move the person to a cooler environment
- Remove or loosen clothing
- Apply cool, wet clothes
- Fan or move victim to air conditioned room
- Offer sips of water. If nausea occurs, discontinue water. If vomiting continues, seek immediate medical attention.

KNOW THE TERMS:

Heat Wave: a prolonged period of excessive heat, often combined with excessive humidity.
Heat Index: A number in degrees Fahrenheit that tells how hot it feels when relative humidity is added to the air temperature.
Excessive Heat Watch: Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.
Excessive Heat Warning: Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs = 105-110° F).
Heat Advisory: Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs = 100-105°F).

Bottom: Click the vehicle to see an animation illustrating how hot a vehicle can get sitting in the sun.
Right: Use the NWS Heat Index to understand the danger thresholds because temperature is not the only factor.

NOAA’s National Weather Service
Heat Index
Temperature (°F)

<table>
<thead>
<tr>
<th>Relative Humidity (%)</th>
<th>80</th>
<th>82</th>
<th>84</th>
<th>86</th>
<th>88</th>
<th>90</th>
<th>92</th>
<th>94</th>
<th>96</th>
<th>98</th>
<th>100</th>
<th>102</th>
<th>104</th>
<th>106</th>
<th>108</th>
<th>110</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>80</td>
<td>81</td>
<td>83</td>
<td>85</td>
<td>88</td>
<td>91</td>
<td>94</td>
<td>97</td>
<td>101</td>
<td>105</td>
<td>109</td>
<td>114</td>
<td>119</td>
<td>124</td>
<td>130</td>
<td>136</td>
</tr>
<tr>
<td>45</td>
<td>80</td>
<td>82</td>
<td>84</td>
<td>87</td>
<td>89</td>
<td>93</td>
<td>96</td>
<td>100</td>
<td>104</td>
<td>109</td>
<td>114</td>
<td>119</td>
<td>124</td>
<td>130</td>
<td>137</td>
<td>143</td>
</tr>
<tr>
<td>50</td>
<td>81</td>
<td>83</td>
<td>85</td>
<td>88</td>
<td>91</td>
<td>95</td>
<td>99</td>
<td>103</td>
<td>108</td>
<td>113</td>
<td>118</td>
<td>124</td>
<td>131</td>
<td>137</td>
<td>143</td>
<td>150</td>
</tr>
<tr>
<td>55</td>
<td>81</td>
<td>84</td>
<td>86</td>
<td>89</td>
<td>93</td>
<td>97</td>
<td>101</td>
<td>106</td>
<td>112</td>
<td>117</td>
<td>124</td>
<td>130</td>
<td>137</td>
<td>143</td>
<td>150</td>
<td>157</td>
</tr>
<tr>
<td>60</td>
<td>82</td>
<td>84</td>
<td>88</td>
<td>91</td>
<td>95</td>
<td>100</td>
<td>105</td>
<td>110</td>
<td>116</td>
<td>123</td>
<td>129</td>
<td>137</td>
<td>143</td>
<td>150</td>
<td>157</td>
<td>164</td>
</tr>
<tr>
<td>65</td>
<td>82</td>
<td>85</td>
<td>89</td>
<td>93</td>
<td>96</td>
<td>103</td>
<td>108</td>
<td>114</td>
<td>121</td>
<td>128</td>
<td>136</td>
<td>143</td>
<td>150</td>
<td>157</td>
<td>164</td>
<td>171</td>
</tr>
<tr>
<td>70</td>
<td>83</td>
<td>86</td>
<td>90</td>
<td>95</td>
<td>100</td>
<td>105</td>
<td>112</td>
<td>119</td>
<td>126</td>
<td>134</td>
<td>143</td>
<td>150</td>
<td>157</td>
<td>164</td>
<td>171</td>
<td>179</td>
</tr>
<tr>
<td>75</td>
<td>84</td>
<td>88</td>
<td>92</td>
<td>97</td>
<td>103</td>
<td>109</td>
<td>116</td>
<td>124</td>
<td>132</td>
<td>140</td>
<td>149</td>
<td>157</td>
<td>165</td>
<td>173</td>
<td>181</td>
<td>190</td>
</tr>
<tr>
<td>80</td>
<td>84</td>
<td>89</td>
<td>94</td>
<td>100</td>
<td>106</td>
<td>113</td>
<td>121</td>
<td>129</td>
<td>137</td>
<td>146</td>
<td>155</td>
<td>164</td>
<td>173</td>
<td>182</td>
<td>191</td>
<td>200</td>
</tr>
<tr>
<td>85</td>
<td>85</td>
<td>90</td>
<td>96</td>
<td>102</td>
<td>110</td>
<td>117</td>
<td>126</td>
<td>135</td>
<td>144</td>
<td>154</td>
<td>164</td>
<td>174</td>
<td>184</td>
<td>194</td>
<td>204</td>
<td>214</td>
</tr>
<tr>
<td>90</td>
<td>86</td>
<td>91</td>
<td>96</td>
<td>105</td>
<td>113</td>
<td>122</td>
<td>131</td>
<td>141</td>
<td>151</td>
<td>162</td>
<td>173</td>
<td>184</td>
<td>195</td>
<td>206</td>
<td>217</td>
<td>228</td>
</tr>
<tr>
<td>95</td>
<td>96</td>
<td>93</td>
<td>100</td>
<td>108</td>
<td>117</td>
<td>127</td>
<td>137</td>
<td>147</td>
<td>158</td>
<td>169</td>
<td>181</td>
<td>193</td>
<td>206</td>
<td>219</td>
<td>232</td>
<td>245</td>
</tr>
<tr>
<td>100</td>
<td>97</td>
<td>95</td>
<td>103</td>
<td>112</td>
<td>121</td>
<td>132</td>
<td>142</td>
<td>153</td>
<td>165</td>
<td>177</td>
<td>190</td>
<td>203</td>
<td>217</td>
<td>231</td>
<td>245</td>
<td>260</td>
</tr>
</tbody>
</table>

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity
- Caution
- Extreme Caution
- Danger
- Extreme Danger