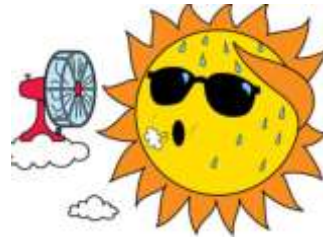


Prepare for Extreme Heat



Heat is the number one weather-related killer. Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children and those who are sick or overweight are more likely to succumb to extreme heat.

The Red Cross (<https://www.redcross.org>) recommends the following:

- Listen to [NOAA Weather Radio](#) for critical updates from the National Weather Service
- Eat small meals and eat more often
- Avoid extreme temperature changes
- Limit intake of alcoholic beverages
- Drink plenty of water, even if you do not feel thirsty, and avoid drinks with caffeine
- Wear loose-fitting, lightweight, light-colored clothing
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day
- Take frequent breaks if working outdoors
- Check on animals frequently to ensure that they are not suffering from the heat, and ensure they have water and a shady place to rest
- Know those in your neighborhood who are elderly, young or in poor health — they are more likely to become victims of excessive heat and may need help
- Get trained in first aid to learn how to treat heat-related emergencies
- Don't walk your dog during the heat of the day since the surface temperature on streets can exceed 150 degrees Fahrenheit.

Information Provided by the Solera CERT Cadre

For information about how you can help our community in an emergency
Go To <https://www.solera-cert.info/>