



# IOWA HEAT AWARENESS DAY

## June 9, 2016



The National Weather Service and Iowa Homeland Security and Emergency Management have designated June 9, 2016 as Iowa Heat Awareness Day.

Most Summers in the United States produce heat waves that bring health risks if precautions are not taken. Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year and even more heat-related illnesses.

During extremely hot and humid weather, your body's ability to cool itself is challenged due to decreased evaporation of sweat. When your body can no longer adequately cool itself or when too much water or salt is lost through sweating, your body temperature rises and heat-related illness can occur.

In 2015, there were 24 vehicular heatstroke children deaths in the United States. Never leave children or pets in a vehicle. Look before you lock! The temperature in a vehicle can quickly become deadly. If the outside temperature is 80 degrees Fahrenheit, in 10 minutes the temperature inside the vehicle will be near 100 degrees, in 30 minutes near 115 degrees and in 1 hour, near 125 degrees.

During periods of hot and humid weather:

- Drink water often
- Take breaks and cool down
- Wear lightweight, loose fitting, light-colored clothing to reflect sunlight
- Eat light and easy-to-digest foods such as fruit or salads
- Make sure pets and livestock have access to water
- Check on neighbors

For additional safety and forecast information visit:

- <http://www.weather.gov/heat>
- <http://www.beready.iowa.gov>
- <http://www.weather.gov>

*The National Weather Service is working with its partners to build a [Weather-Ready Nation](#) to support community resilience in the face of increasing vulnerability to extreme weather. Visit the [Des Moines NWS office website](#), follow us on [Twitter](#) (@NWSDesMoines) and on [Facebook](#)*

*The Iowa Department of Homeland Security and Emergency Management leads, coordinates and supports homeland security and emergency management functions in order to establish sustainable communities and ensure economic opportunities for Iowa and its citizens. Follow us on [Twitter](#) (@IowaHSEMD) and on [Facebook](#).*



**Building a Weather-Ready Nation**