Heat is one of the top weather-related killers in the U.S. It typically claims the lives of more than 100 people annually. Particularly vulnerable are the elderly and very young.

The Hazards of Excessive Heat
During extremely hot and humid weather, the body's ability to cool itself can be limited. Hot temperatures, especially when combined with excessive sweating, will cause body temperatures to rise and can also lead to dehydration. The rising body temperature can lead to heat-related illnesses.

Heat-related illnesses can range from heat cramps to heat exhaustion to more serious heat stroke. Heat stroke can result in death and requires immediate medical attention.

Factors or conditions that can make some people more susceptible to heat-related illnesses include age (older adults and young children), obesity, fever, heart disease, mental illness, poor circulation, prescription drugs, alcohol use, and sunburn.

Heat Watches, Warnings, and Advisories
To alert the public to the dangers of heat, the National Weather Service issues watches, warnings, and advisories. An Excessive Heat Watch indicates that heat indices of 105 or more are possible. An Excessive Heat Warning indicates that heat index values are expected to reach 105 or more during the day. A Heat Advisory indicates heat index values of 95 to 104 are likely during the day.

HERE ARE SOME SAFETY TIPS TO BEST COPE WITH THE DANGERS OF HEAT:

- Slow down and reduce strenuous activities
- Wear lightweight, light-colored clothing to reflect heat and sunlight
- Drink plenty of water, non-alcoholic and decaffeinated fluids.
- During excessive heat periods, spend more time in air-conditioned places if available.
- If you must be outside, try to lessen your exposure by seeking shade frequently and limiting your activities to the early morning or late evening.
- NEVER leave children, disabled adults, or pets in parked vehicles. “Beat the heat, check the back seat!”

For more information:
FEMA Extreme Heat - [https://www.ready.gov/heat](https://www.ready.gov/heat)