Wind chill is the temperature it “feels like” outside and is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the wind increases, the body is cooled at a faster rate causing the skin temperature to drop. Wind chill does not impact inanimate objects like car radiators and exposed water pipes, because these objects cannot cool below the actual air temperature.

FROSTBITE: Frostbite is an injury to the body caused by freezing body tissue. The most susceptible parts of the body are the extremities such as fingers, toes, ear lobes, or the tip of the nose. Symptoms include a loss of feeling in the extremity and a white or pale appearance. Medical attention is needed immediately for frostbite. The area should be SLOWLY re-warmed.

HYPOTHERMIA: Hypothermia is abnormally low body temperature (below 95 degrees Fahrenheit). Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Medical attention is needed immediately. If it is not available, begin warming the body SLOWLY.

Cold Weather Safety
- Wear layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you.
- Outer garments should be tightly woven, water repellent and hooded
- Wear a hat, 40% of your body heat can be lost from your head
- Cover your mouth to protect your lungs from extreme cold
- Mittens, snug at the wrist are better than gloves
- Try to stay dry and out of the wind.

WIND CHILL ADVISORY
A wind chill advisory is issued when wind chill temperatures are potentially hazardous.

WIND CHILL WARNING
A wind chill warning is issued when wind chill temperatures are life threatening.
Excessive Heat Warning

An Excessive Heat Warning is issued when the Heat Index temperatures are life threatening.

HEAT WAVE
#1 Weather Related Killer

Heat kills by taxing the human body beyond its abilities. A heat wave is a prolonged period of excessive heat and humidity. The National Weather Service alerts the public during these periods of excessive heat and humidity.

HEAT INDEX: A number in degrees Fahrenheit that tells how hot it really feels when relative humidity is added to the actual air temperature. Exposure to full sunshine can increase the heat index by 15 degrees Fahrenheit.

HEAT EMERGENCIES:
Heat Cramps: Heat cramps are muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat.

Heat Exhaustion: Heat exhaustion typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim may suffer heat stroke

Heat Stroke: Heat stroke is life-threatening. The victim’s temperature control system which produces sweating to cool the body stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sunstroke: Another term for heat stroke.

Heat Advisory
A Heat Advisory is issued when the Heat Index temperatures is potentially hazardous

Excessive Heat Warning
An Excessive Heat Warning is issued when the Heat Index temperatures are life threatening.

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Heat Wave Safety Tips

- Slow Down: Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day.
- Dress for Summer: Lightweight light-colored clothing reflects heat and sunlight.
- Put less fuel on your inner fires. Foods (like proteins) that increase metabolic heat production also increase water loss.
- Drink plenty of water or other non-alcohol fluids. Your body needs water to keep cool.
- Do not drink alcoholic beverages.
- Do not take salt tablets unless specified by a physician.
- Spend more time in air-conditioned places.
- Don’t get too much sun.