

Infographics

Protect Yourself

From the HEAT when outside

Drink plenty of water

Apply sunscreen regularly

Dress in lightweight and light-colored clothing

Take breaks in the shade



weather.gov/heat

Heat Related Deaths
ARE Preventable
LOOK BEFORE YOU LOCK



weather.gov/heat

nhtsa.gov

The temperature in your car can quickly become deadly!

Outside Temperature 80°



Time Elapsed:
10 Minutes



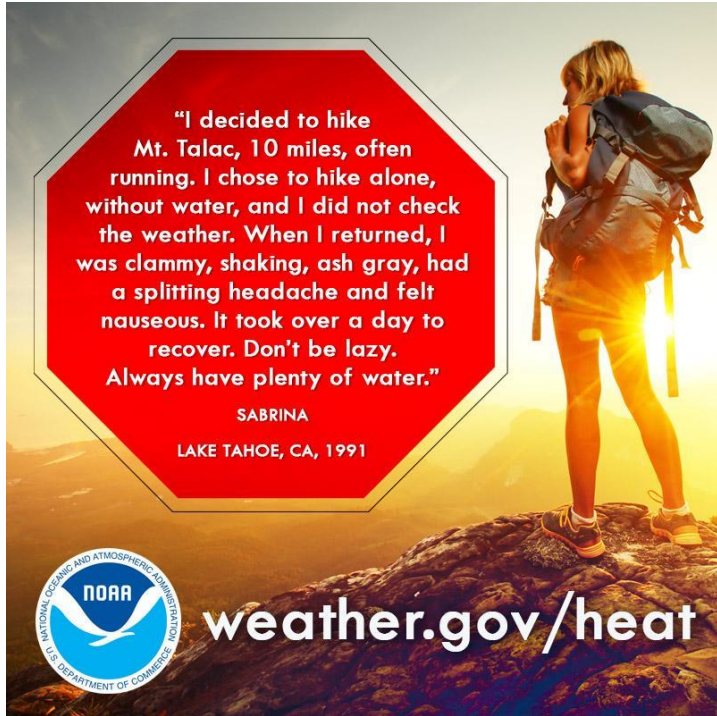
Time Elapsed:
20 Minutes















Time Elapsed:
30 Minutes



Time Elapsed:
60 Minutes



HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache, confusion	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103° Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		CALL 9-1-1	<ul style="list-style-type: none"> • Move person to cooler place • Cool using cool cloths or bath • Do not give anything to drink 	

 @NWS
weather.gov/heat



 @SacramentoOES
SacramentoReady.org

Safety Bullets

- **Stay hydrated!** Whether you feel thirsty or not, drink plenty of water to avoid becoming dehydrated, especially when hiking
- **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.
- **Never leave infants, children or pets in a parked car**, even if the windows are cracked open
- **Act quickly if a heat illness is suspected.** Seek medical attention immediately for any of these warning signs: cramping, rapid pulse, heavy sweating, hot red skin, dizziness, confusion, nausea, vomiting.
- Keep a wet towel or bandana on the back of your neck to help you stay cool
- Wear light-colored and loose clothing
- Wear a **wide brim sun hat** to shield your face and neck from the sun as much as possible, while sunglasses should also be worn to help protect your eyes
- To help stay cool, follow these tips for your camping site:
 - Disassemble your tent after waking up and assemble it again once the sun is down
 - Set up your tent in the shade
 - Use a reflective sunshade
 - Make use of the breeze. Face your tent door into the wind.
- **Pace Yourself:** Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
- **Eat light.** Choose easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Meats and dairy products can spoil quickly in hot weather.

Resource Materials

Heat Index Calculator: <https://www.wpc.ncep.noaa.gov/html/heatindex.shtml>

Heat Index Chart (Temperatures Left, Relative Humidity Top)

	0%	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%	55%	60%	65%	70%	75%	80%
115	103	107	111	115	120	127	135	143	151								
110	99	102	105	108	112	117	123	130	137	143	151						
105	95	97	100	102	105	109	113	118	123	129	135	142	149				
100	91	93	95	97	99	101	104	107	110	115	120	126	132	136	144		
95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136
90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113
85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97
80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86
75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78
70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	70	71

Heat Index/Heat Disorders

Heat Index	Possible heat disorders for people in higher risk groups
80-90	Fatigue possible with prolonged exposure and/or physical activity.
90-105	Sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity.
105-130	Sunstroke, heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity.
130 or higher	Heatstroke/sunstroke highly likely with continued exposure.

Heat Disorder	Symptoms	First Aid
Sunburn	Redness and pain. In severe cases swelling of skin, blisters, fever, and headaches.	Ointments for mild cases if blisters appear and do not break. If breaking occurs, apply dry sterile dressings. Serious, extensive cases should be seen by a physician.
Heat Cramps	Painful spasms usually in muscles of the legs and abdomen possible. Heavy sweating.	Firm pressure on the cramping muscles, or gentle massaging to relieve the spasm. Give sips of water. If nausea occurs, discontinue use.
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.	Get victim out of sun. Lay down and loosen clothing. Apply cool, wet cloths. Fan or move victim to air conditioned room. Sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention.
Heat Stroke (sunstroke)	High body temperature (106 F or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.	<i>Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the victim to a hospital immediately. Delay can be fatal.</i> Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If temperature rise again, repeat process. Do not give fluids.

- [Apparent Temperature Forecast](#)
- Heat Safety Information: www.weather.gov/safety/heat
- Heat Safety One-Pager: <https://www.weather.gov/media/owlie/HeatSafety-OnePager-11-29-2018.pdf>
- UV Index Forecast: <https://www.epa.gov/sunsafety/uv-index-1>
- Days 3-7 Heat Index Outlook:
https://www.wpc.ncep.noaa.gov/heat_index_MAX.shtml
- Wet Bulb Globe Temperature information: <https://www.weather.gov/tsa/wbgt>
- [Wet Bulb Globe Temperature Forecast](#)
- Ready.gov heat safety information: <https://www.ready.gov/heat>
- CDC heat safety Information:
<https://www.cdc.gov/disasters/extremeheat/index.html>