

COORDINATOR TIPS

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SOURCES:

Are You Ready: Citizens Guide- FEMA
Hazard Fact Sheets: All Hazards Caucus
National Weather Service

Extreme Heat



Extremely hot temperatures are very common here in Washington County and across the region during the summer months. This can lead to power failures and medical problems

Facts

- About 175 Americans die from extreme heat; the elderly, very young, and the obese are most at risk
- Sunburns make it harder for the body to release heat, taking precautions is important

What to do to protect yourself from the heat

- Limit sun exposure and stay in the cool indoors as much as possible, wear adequate sun screen r if you must go outside
- Eat well balanced and light meals
- Avoid non necessary strenuous activity if able
- Drink plenty of fluids
- Know where to go for water and cool air if there is a power failure
- Avoid alcoholic beverages
- Wear loose fitting clothing, wide brim hats, and light colors
- Make sure not to leave children or pets in vehicle

What to do about it

- Limit sun exposure and stay in the cool indoors as much as possible, wear sun screen of 15SPF or higher if you must go outside
- Eat well balanced and light meals

- Avoid non necessary strenuous activity if able
- Drink plenty of fluids
- Know where to go for water and cool air if there is a power failure

Medical problems associated with extreme heat

Condition	Symptoms	First Aid
Sunburn	Skin redness and pain, possible swelling, blisters, fever, headaches	<ul style="list-style-type: none"> • Take a shower using soap to remove oils that may block pores, preventing the body from cooling naturally. • Apply dry, sterile dressings to any blisters, and get medical attention.
Heat Cramps	Painful spasms, usually in leg and abdominal muscles; heavy sweating	<ul style="list-style-type: none"> • Get the victim to a cooler location. • Lightly stretch and gently massage affected muscles to relieve spasms. • Give sips of up to a half glass of cool water every 15 minutes. (Do not give liquids with caffeine or alcohol.) • Discontinue liquids, if victim is nauseated.
Heat Exhaustion	Heavy sweating but skin may be cool, pale, or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.	<ul style="list-style-type: none"> • Get victim to lie down in a cool place. • Loosen or remove clothing. • Apply cool, wet cloths. • Fan or move victim to air-conditioned place. • Give sips of water if victim is conscious. • Be sure water is consumed slowly. • Give half glass of cool water every 15 minutes. • Discontinue water if victim is nauseated. • Seek immediate medical attention if vomiting occurs.
Heat Stroke (a severe medical emergency)	High body temperature (105+); hot, red, dry skin; rapid, weak pulse; and rapid, shallow breathing. Victim will probably not sweat unless victim was sweating from re-cent strenuous activity. Possible unconsciousness.	<ul style="list-style-type: none"> • Call 9-1-1 or emergency medical services, or get the victim to a hospital immediately. Delay can be fatal. • Move victim to a cooler environment. • Remove clothing. • Try a cool bath, sponging, or wet sheet to reduce body temperature. • Watch for breathing problems. • Use extreme caution. • Use fans and air conditioners.

* Taken from *Are you Ready: Citizens Guide- FEMA*

More Information

http://www.fema.gov/hazard/heat/heat_aid.shtm

http://www.hazardscaucus.org/HeatWave_Factsheet1109.pdf