

Preparing for Extreme Heat

“Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days.” (Ready.gov)

Preparing for extreme heat is an important step in preventing heat related illnesses like heat exhaustion, heat cramps, and heat stroke. Older adults, children and infants are particularly susceptible to the effects of heat. Click on the links below for important information on recognizing signs and symptoms of heat illnesses, how to stay safe and cool, and how to protect your pets during extreme heat. Under certain circumstances, Cooling Shelters will be established. Please sign up for Alert Berkeley (link on the left side of main page) to receive weather and other emergency notifications. Scroll to next page for information on beating the heat from the CDC.



Extreme Heat Preparedness <https://www.ready.gov/heat#prepare>

Hazard Information Sheet for Extreme Heat:

<https://community.fema.gov/ProtectiveActions/s/article/Extreme-Heat>

Heat Tips <https://www.cdc.gov/disasters/extremeheat/heattips.html>

Heat and Pets <https://www.cdc.gov/disasters/extremeheat/pets.html>



BEAT THE HEAT:

Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed:
20 minutes



Time Elapsed:
40 minutes



Time Elapsed:
60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

During 1999–2009, an average of **658** people died each year from heat in the United States.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/disasters/extremeheat>



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response