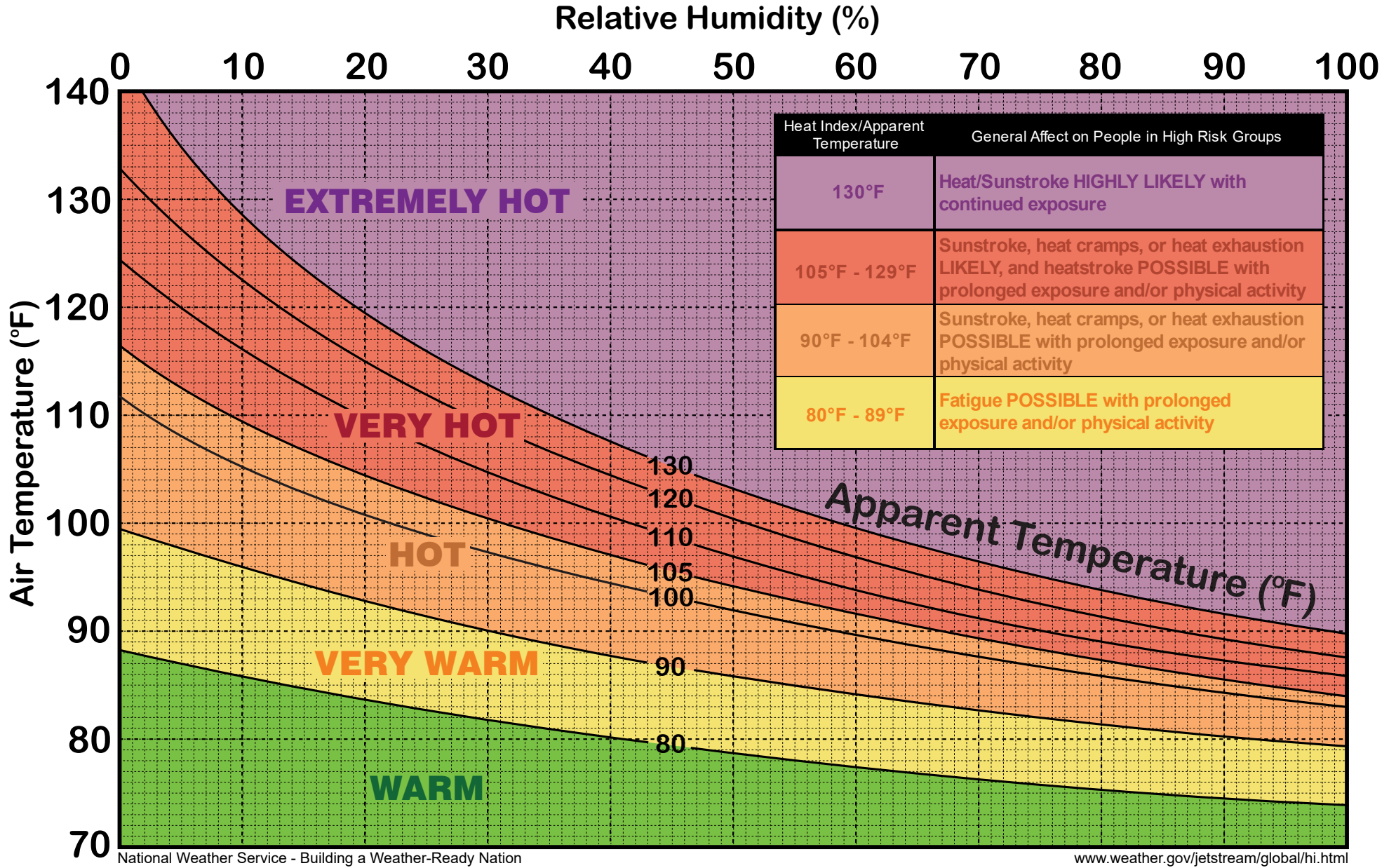
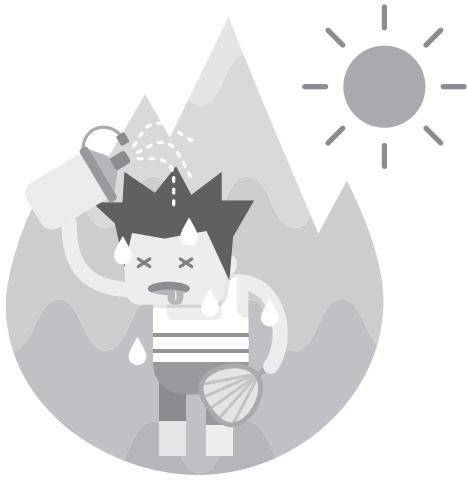


Heat Index

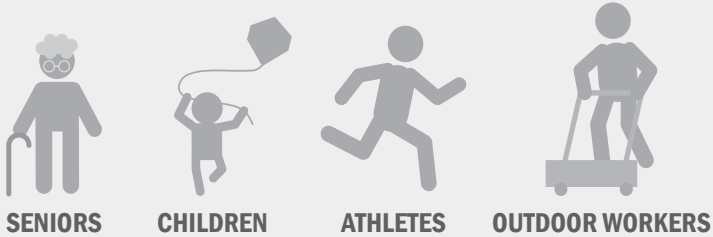
The 'Heat Index' is a measure of how the hot weather "feels" to the body. This table uses relative humidity and air temperature to produce the "apparent temperature" or the temperature the body "feels". These values are for shady locations only. Exposure to full sunshine can increase heat index values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous as the wind adds heat to the body.



Excessive Heat



WHO IS AT RISK



PREVENTION



DRINK WATER



NO ALCOHOL or CAFFEINE



COOL SHOWERING



WEAR LIGHT-WEIGHT CLOTHING



DO NOT LEAVE PEOPLE/PETS IN CAR



LIMIT AFTERNOON OUTDOOR TIME

Too much heat? What does it look like?

HEAT EXHAUSTION

OR

HEAT STROKE

Faint or dizzy



Throbbing headache

Excessive sweating



No sweating

Cool, pale, clammy skin



Body temperature above 103°F
Red, hot, dry skin



Nausea or vomiting

Rapid, weak pulse



Nausea or vomiting

Rapid, strong pulse



Muscle cramps



May lose consciousness



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compression

CALL 9-1-1

- Take immediate action to cool the person until help arrives

