

BE PREPARED FOR EXTREME HEAT

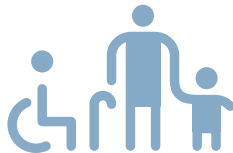
Extreme heat often results
in the highest annual
number of deaths among all
weather-related disasters.



FEMA

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In most of the U.S.,
extreme heat is a long period
(2 to 3 days) of high heat and
humidity with temperatures
above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases
the feeling of heat as
measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members
and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat
exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets
in a closed car.