



Volunteer Link

KNOX COUNTY HEALTH DEPARTMENT

EXTREME HEAT EDITION

SPECIAL POINTS OF INTEREST:

- How You Can Beat the Heat
- Health & Safety
- Extreme Heat Terminology
- Heat Illness Warning Signs
- Heat Index Chart



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Understanding Extreme Heat

Extreme heat occurs in the summertime when temperatures are considerably hotter and/or more humid than average for location at that time of year.

Heat can push the body past its limits and cause minor to severe illness. During extreme heat & humidity, the body must work harder to maintain a normal temperature.

Extreme heat can affect anyone, but children, elderly, outdoor workers, people with chronic conditions and pets are more likely to fall victim to heat illness.

Here are some tips to help you & others stay safe & beat the heat!

During extreme heat take control of your health and safety. Use common sense & the tips below to prevent heat illness.

- ◆ Replace the salts & minerals lost through sweating with well balanced meals
- ◆ Avoid hot foods & heavy meals

STAY COOL



- ◆ Stay in air-conditioned buildings (shopping mall, stores, or public library)
- ◆ Avoid direct sunlight/postpone outdoor activities
- ◆ Wear lightweight, light colored clothing
- ◆ Take cool showers/baths
- ◆ Check on at-risk people twice a day
- ◆ Check on your pets as well
- ◆ Avoid extreme heat changes

STAY HYDRATED



- ◆ Drink more water
Talk to a doctor if you have a medical condition limiting water
- ◆ Do NOT wait until you are

thirsty to drink fluids

- ◆ Drink 2-4 cups of water each hour while working outside or exercising
- ◆ Remind others to drink
- ◆ Do not drink alcoholic beverages as they dehydrate

STAY INFORMED



- ◆ Check local news for extreme heat alerts & safety tips
- ◆ Learn the symptoms of heat illness
- ◆ Learn more information through:
 - ◆ cdc.gov
 - ◆ ready.gov
 - ◆ www.nws.noaa.gov

Heat Health & Safety



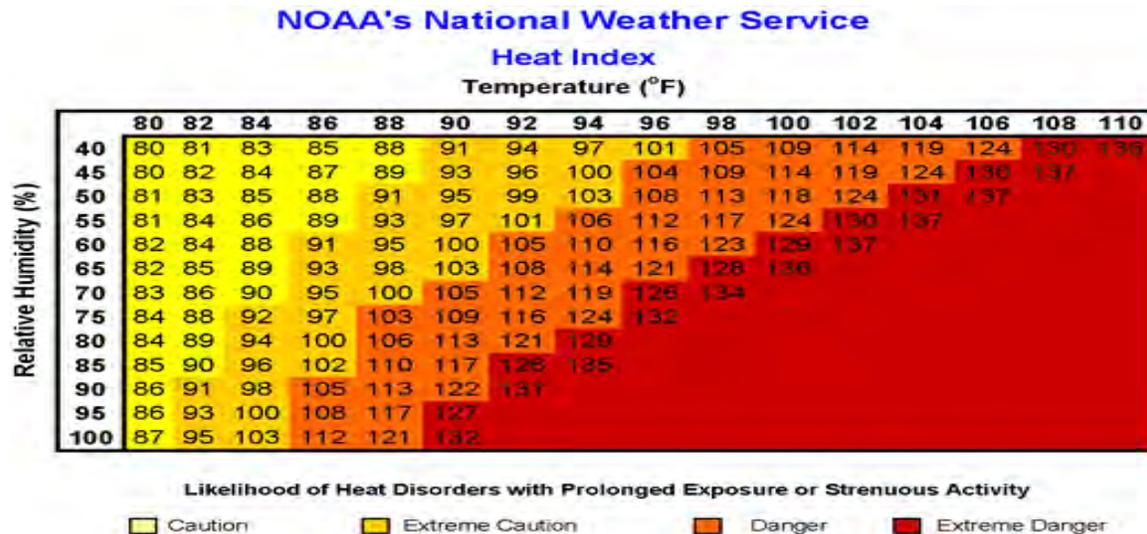
- ◆ Drink lots of fluids
- ◆ Schedule outdoor activities—limit sun exposure
- ◆ Wear the right clothing & sunscreen
- ◆ Pace yourself

- ◆ Use hats & umbrellas for shading yourself & others
- ◆ Use the buddy system
- ◆ Do NOT leave infants, kids or pets in a parked car
- ◆ Provide fresh water & a shady spot of pets
- ◆ Monitor those at high risk for heat illness

Terms to Know & Live By—Extreme Heat

Heat Wave - Extended period of extreme heat (can be combined with excessive humidity).

Heat Index - A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. (Did you know that exposure to full sunshine can increase the heat index by 15 degrees?)



Heat Cramps - Muscular pains and spasms due to heavy exertion. (These signal that the body is having trouble with the heat & you should act on these soon or suffer from a more severe form of heat illness.)

Heat Exhaustion - Typically body fluids are lost through heavy sweating & blood flow to the skin increases, causing blood flow to decrease to the vital organs. This causes a mild form of shock. If not treated, the victim's condition will worsen to heat stroke.

Warning signs: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea, vomiting and fainting

Heat Stroke - A life-threatening condition where the body's temperature control system stops working. Body temperature can rise causing brain damage or death if the body is not cooled quickly.

Warning signs: high body temp (above 103°F, orally), red/hot/dry skin, rapid strong pulse, throbbing headache, dizziness, nausea, confusion and unconsciousness

Sun Stroke - Another term for heat stroke.

Excessive Heat Watch - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Warning - Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs=105-110° Fahrenheit).

Heat Advisory - Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs=100-105° Fahrenheit).



For more information visit ready.gov or cdc.gov