

Did you know heat is one of the leading weather-related killers in the United States? Hot and humid weather can be a silent killer. Several days of hot weather can build up heat in homes, especially those in cities. Older adults and children can have a tough time adjusting to the heat and extended exposure can lead to illness or even death.

### What should you Be Ready for?

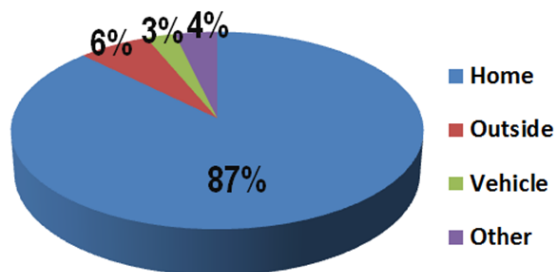
#### Health Hazards

- Heat Cramps
- Heat Exhaustion
- Heat Stroke

#### Utility Outages/Brownouts

- Loss of electric, air conditioning
- No fans or cool water

### Pennsylvania Heat Deaths by Location



Data source: National Weather Service, 1995-2015



### Know the Terms

**Heat Advisory. Take Action!** Issued within 12 hours of the onset of extremely dangerous heat conditions. Rule of thumb: the temperature is expected to be 100° or higher.

#### **Excessive Heat Watch. Be Prepared!**

Issued when conditions are favorable for excessive heat in the next 24 to 72 hours. Take steps now to stay safe!

#### **Excessive Heat Warning. Take Action!**

Rule of thumb: the temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°.

### How can you Be Ready?

#### Before



- Learn the symptoms of heat exhaustion and heat stroke and when to call 911 or seek help.
- Know those in your neighborhood who are older, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.

#### During



- Drink plenty of water; even if you do not feel thirsty. Avoid alcohol and drinks with caffeine.
- Avoid strenuous work during the warmest part of the day and take frequent breaks.
- Never leave children or pets in closed vehicles.
- Go to a designated public shelter or cooling center if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine, if air conditioning is not available.