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MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
Prevent. Promote. Protect.
MORGAN COUNTY HEALTH DEPT.



EXTREME HEAT SAFETY TIPS

While warm temperatures are a natural part of summer, sometimes they get extreme. What is considered extreme heat? Extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees. Young children, older adults, people with chronic medical conditions, and pregnant women are especially vulnerable to heat.

Prepare now for extreme heat with these tips from [ready.gov](https://www.ready.gov):

- Find places in your community where you can go to get cool.
- Don't rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.
- Talk to your healthcare provider about the signs of heat-related illnesses and ways to respond.

When those extreme heat days arrive, increase your safety by following these additional tips:

- Never leave people or pets in a closed car.
- Find air conditioning if possible. Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- If you're outside, find shade and wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities.
- Check yourself, family members and neighbors for signs of heat-related illness.
- If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place if you can. If you are experiencing a medical emergency call 9-1-1.