BEAT THE HEAT:
Extreme Heat
Heat related deaths are preventable

WHAT:
Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:
- Children
- Older adults
- Outside workers
- People with disabilities

WHERE:
- Houses with little to no AC
- Construction worksites
- Cars

HOW to AVOID:
- Stay hydrated with water
- Stay cool in an air conditioned area
- Avoid sugary beverages
- Wear light-weight, light colored, loose fitting clothes

During extreme heat the temperature in your car could be deadly.

HEAT ALERTS: Know the difference.

<table>
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<tr>
<th>HEAT OUTLOOK</th>
<th>HEAT WATCHES</th>
<th>HEAT WARNING/ADVISORY</th>
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<tbody>
<tr>
<td>Minor</td>
<td>Excessive heat event in 3 to 7 days</td>
<td>Excessive heat event in 12 to 48 hours</td>
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<tr>
<td>Major</td>
<td>Excessive heat event in next 36 hours</td>
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</table>

DID YOU KNOW?
- Those living in urban areas may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.
- Most heat-related illnesses occur because of overexposure to heat or over-exercising.
- Sunburn can significantly slow the skin's ability to release excess heat.
- 206 people died in the US as a result of extreme heat in 2011.

$30 BILLION estimated total cost of the 2012 US drought and heatwave.