



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

More males than females are affected



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area

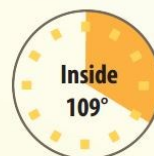


Wear light-weight, light colored, loose fitting clothes



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

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 20 minutes



Time Elapsed: 20 minutes

Minuteman
SENIOR SERVICES



Toll-Free (888) 222-6171

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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.

Source: www.cdc.gov/extremeheat/



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response