



The Weather Channel®

Extreme Heat

kids!

Extreme heat is a serious weather event that can affect you in any geographical location. On a hike, on your bike, at a concert, in the city or in the country – extreme heat can kill.

The dangerous effects of extreme heat are not always taken seriously but can overpower our physical and mental state, slowly and subtly, so that its effects may not be apparent until it is too late.

What to do



Inside:

Stay near your television to get updates from The Weather Channel, your local TV or radio station, weather.com or cell phone.

Stay indoors and avoid extreme temperature changes, if conditions are hotter indoors, go outside to a shaded area or go to a friend or neighbor's house that has working air conditioning.

If air conditioning is not available, stay on the lowest floor of your building, out of the sunshine.

Keep your electric fans running.

Drink fluids often all day long - particularly water or juice - even if you do not feel thirsty. This will help your body's thermostat stay cool.

Eat small frequent meals. Avoid foods that are high in protein, which increase metabolic heat.

Keep pets indoors and refill their water bowls frequently.

Take cool showers or sponge baths and wear light breathable clothing. Keep a wet, cool bandana or handkerchief around the back of your neck.

Obey advisories promptly.

Outside:

If you must go out, wear lightweight, light-colored clothing to reflect the sun's rays.

Slow down. Avoid strenuous outdoor activity. If you must engage in strenuous activity, do it during the coolest part of the day, between 4 a.m. and 7a.m.

Cover all exposed skin with a high SPF sunscreen, and wear a wide brimmed hat to protect your face and head.

Keep a wet, cool bandana or handkerchief around the back of your neck.

Drink plenty of fluids all day long whether you are thirsty or not.



