**BEAT THE HEAT:**

**Extreme Heat**

Heat-related deaths are preventable

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**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.

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**WHO:**

- Children
- Older adults
- Outside workers
- People with disabilities
- More males than females are affected

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**WHERE:**

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

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**HOW to AVOID:**

- Stay hydrated with water, avoid sugary beverages
- Stay cool in an air conditioned area
- Wear lightweight, light-colored, loose-fitting clothes

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**HEAT OUTLOOK**

- Minor: Excessive heat event in 3 to 7 days
- Major: Excessive heat event in 12 to 48 hours
- Excessive heat event in next 36 hours

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**HEAT ALERTS:** Know the difference.

- Time Elapsed: 20 minutes
- Time Elapsed: 40 minutes
- Time Elapsed: 60 minutes

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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.
- Sunburn can significantly slow the skin’s ability to release excess heat.
- Most heat-related illnesses occur because of overexposure to heat or over-exercising.
- During 1999–2009, an average of 658 people died each year from heat in the United States.
- $30 BILLION estimated total cost of the 2012 US drought and heatwave.

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For more information on ways to beat the heat please visit:
http://www.cdc.gov/disasters/extremeheat