

DEFINITIONS THAT CAN HELP WITH AWARENESS

Heat Index

Also called the “feels like” temperature, it takes the ambient temperature and factors in the humidity

Urban Heat Island

Higher surface temperatures due to buildings, roads, and other infrastructure absorbing and re-emitting the sun's heat

Heat Illness

A condition resulting from the body's inability to cope with a particular heat load, leading to a significant rise in body temperature leading to illness

Cooling Center (Emergency Resource Center)

A public building in which individuals can use the A/C to cool off during daytime hours. They provide device charging stations, air-conditioning, water, and public information

HELPFUL RESOURCES

Scan this QR code to check the daily heat risk forecast!



You can also access the heat risk forecast through the link below:

<https://ephtracking.cdc.gov/Applications/HeatRisk/>

And scan this QR code to download the NIOSH Heat Safety App on your phone



You can also access the heat risk forecast through the link below:

<http://www.cdc.gov/niosh/topics/heatstress/heatapp.html>

Text NOLAReady to 77295 to sign up for emergency alerts

For even more information on extreme heat and heat-related illness, visit the CDC website below:

<http://www.cdc.gov/disasters/extremeheat/index/html>



BEAT THE HEAT



Guide to
EXTREME HEAT

WHAT CAN MAKE YOU VULNERABLE TO EXTREME HEAT

Personal Risk

- Age

Infants, children under 4, and people over the age of 60 are at greater risk for heat illness



- Pregnancy
- Managing chronic conditions like heart disease, poor blood circulation, mental illness and obesity
- Taking certain medications

Includes tranquilizers, water pills, antihistamines, beta blockers, laxatives and drugs used to treat mental illnesses or Parkinson's disease

- Not having access to air conditioning
- Working outdoors
- Outdoor athletics
- Dehydration
- Alcohol and caffeine consumption
- Use of any drugs

Environmental Risk

- Air temperature and air movement
- Relative humidity
- Heat given off by the sun and other sources like heavy machinery
- Heat cast off from surfaces such as concrete and asphalt

MAKING A PLAN

Stay Hydrated

- ☐ Drink water throughout the day. Don't wait until you feel thirsty to drink!
- ☐ Drink low sugar, electrolyte drinks
- ☐ Limit caffeine and alcohol if you plan to be in the heat

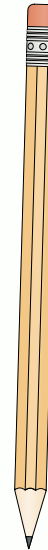
Stay Cool

- ☐ Limit outdoor activity and plan to run errands before 11:00AM or after 5:00PM
- ☐ Wear lightweight, light-colored, loose-fitting clothing and sunscreen
- ☐ Pace yourself and rest often
- ☐ Use more than a fan as your main cooling device
- ☐ Take pets with you, do not leave them in parked cars
- ☐ Never leave children alone in a car
- ☐ Plan for meals that are light and do not require the stove to prepare

Stay Informed

- ☐ Determine which public, air-conditioned building is closest to your home
- ☐ Check on friends and neighbors and have someone check on you
- ☐ Sign-up for Smart 911 to share valuable health information with 9-1-1 during an emergency

Sign-up today at nola.gov/smart911 or call 3-1-1 to speak to a representative!



KNOW THE SIGNS AND SYMPTOMS OF HEAT ILLNESS

Heat Stroke

- High body temperature (103°F or higher)
- **Hot, red, dry, or damp skin**
- Fast strong pulse
- Headache, dizziness, nausea, confusion
- Loss of consciousness

Heat stroke is a medical emergency, call 911 right away!

After calling, move the person to a cool place, apply cool clothes, and put the person in a cool bath if possible. **DO NOT** give them anything to drink!

Heat Exhaustion

- Heavy sweating, **cold, pale, clammy skin**
- Dizziness, headache, nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Loss of consciousness

Move the person to a cool place, loosen their clothes, and apply cool clothes or put them in a cool bath. It is OKAY to give them sips of water!

Seek medical help right away if symptoms last longer than an hour!