



# HOT Weather Watch

**W**hile most of us cope just fine with normal hot weather, even a few days of extreme heat can endanger our health. The CDC defines “extreme heat” as several weeks of temperatures exceeding 9 degrees above the average high temperature for a region, whether it’s sunny Florida or the mild Pacific Northwest.

Extreme heat plus high humidity disrupts your body’s ability to maintain a healthy temperature. This can lead to heat stroke, when body temperature rises to life-threatening levels.

### CHILL during HEAT waves:

- **Stay hydrated** by drinking plenty of water often, even if you aren’t thirsty. *Note:* Alcoholic and caffeinated drinks may contribute to dehydration.
- **Eat** several small meals.
- **Stay indoors** and on a lower, cooler floor, if possible.
- **Go slow.** Do strenuous outdoor tasks only during the coolest hours, usually between 4:00 a.m. and 7:00 a.m.
- **Cool off** by an electric fan or take a cool shower.
- **Visit an air-conditioned** mall or library.
- **Ask your health department** about emergency cooling centers. These are air-conditioned locations for respite from extreme heat.
- **Never leave children** or pets in cars.

**MORE INFO:** CDC, [www.cdc.gov/Features/ExtremeHeat/](http://www.cdc.gov/Features/ExtremeHeat/)