



Extreme Heat and Heat Wave

Extrême heat is defined as a prolonged period of excessive heat, generally 10 degrees or more above average, often combined with excessive humidity. Extreme heat is responsible for more deaths than any other weather-related event. In extreme heat, evaporation is slowed and the body must work extra hard to maintain a normal temperature. This can lead to death by overworking the human body. Older adults, children, those sick, or overweight tend to be at the greatest risk from extreme heat, while a stagnant atmosphere and poor air quality may exacerbate the danger. It is important to know how to prepare for and respond to periods of extreme heat to reduce risks.

How it Might Impact Your Utility Service

- Heat waves may result in power outages, so be prepared to store food and medicines accordingly. Have backup power sources in the event that you lose power
- Loss of utility services can also cause food spoilage and water contamination



ALERTS

Excessive Heat Watch: Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Heat Advisory: Heat Index values are forecasting to meet locally defined advisory criteria for one to two days (daytime highs=100°-105° Fahrenheit).

Excessive Heat Warning: Heat Index values are forecasting to meet or exceed locally defined warning criteria for at least two days (daytime highs=105°-110° Fahrenheit).

BEFORE EXTREME HEAT/HEAT WAVE

- Find air conditioning.
- Expect power outages.
- Find places in your community where you can go to get cool.
- Keep your home cool by doing the following:
 - Cover windows with drapes or shades.
 - Weather-strip doors and windows.
 - Use window reflectors, such as aluminum foil-covered cardboard, to reflect heat back outside.
 - Add insulation to keep the heat out.
 - Use attic fans to clear hot air.
 - Install window air conditioners and insulate around them.

DURING EXTREME HEAT/HEAT WAVE

- Find places with air conditioning. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- Do not use electric fans when the temperature outside is more than 95 degrees, as this could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

AFTER EXTREME HEAT/HEAT WAVE

- Assess the safety of food and/or water supply if you experienced a power outage (Refer to the appendix "Food Safety without Power.")