# **BEAT THE HEAT:** Extreme Heat

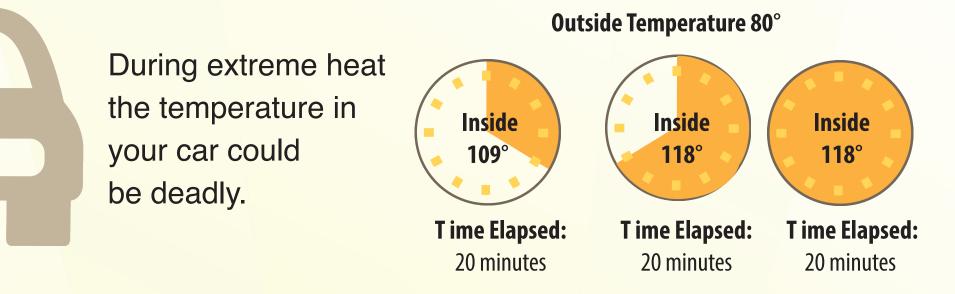
Heat related deaths are preventable

## 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.







### **HEAT ALERTS:** Know the difference.

#### HEAT OUTLOOK

**Excessive** 

3 to 7 days

heat event in

**Minor** 

#### **HEAT WATCHES**

Excessive heat event in 12 to 48 hours

#### **HEAT WARNING/ADVISORY**

Major Excessive heat event in next 36 hours

### 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.

Most heat-related illnesses occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

206 people died in the US as a result of extreme heat in 2011.

**\$30 BILLION** estimated total cost of the 2012 US drought and heatwave.

### For more information on ways to beatthe heat please visit: http://www.cdc.gov/extremeheat/



Centers for Disease Control and Prevention Office of Public Health Preparedness and Response

