HEAT SAFETY & PREPAREDNESS

DID YOU KNOW: EXTREME HEAT IS THE DEADLIEST TYPE OF WEATHER IN THE U.S.

KNOW YOUR RISK

Based on various factors, the National Weather Service can estimate heat risk for your area. From 1-4, with 4 being the highest, Heat Risk can help you determine how hazardous the heat can be for you. You can find the current heat risk forecast at https://www.wpc.ncep.noaa.gov/heatrisk/.

CATEGORY	RISK OF HEAT-RELATED IMPACTS
Green 0	Little to no risk from the expected heat.
Yellow 1	**MINOR** - This level of heat affects primarily those individuals extremely sensitive to heat, especially when outdoors without effective cooling and/or adequate hydration.
Orange 2	**MODERATE** - This level of heat affects most individuals sensitive to heat, especially those without effective cooling and/or adequate hydration. Impacts possible in some health systems and in heat-sensitive industries
Red 3	**MAJOR** - This level of heat affects anyone without effective cooling and/or adequate hydration. Impacts likely in some health systems, heat-sensitive industries and infrastructure.
Magenta 4	**EXTREME** - This level of rare and/or long-duration extreme heat with little to no overnight relief affects anyone without effective cooling and/or adequate hydration. Impacts likely in most health systems, heat-sensitive industries and infrastructure.

KNOW THE ALERTS

EXTREME HEAT WATCH

Issued when conditions are favorable for an excessive heat event in the next 12 to 72 hours.

Used when the risk of a heat wave has increased, but its occurrence and timing is still uncertain.

Intended to provide enough lead time so those who need to set their plans in motion can do so, such as established individual city excessive heat event mitigation plans.

HEAT ADVISORY

A Heat Advisory is issued within 12 hours of the onset of dangerous heat conditions. Take precautions to avoid heat illness.

EXTREME HEAT WARNING

Issued within 12 hours of the onset of extremely dangerous heat conditions

If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.

FIND LOCAL WEATHER ALERTS AT: Weather.gov/SGX

HEAT SAFETY & PREPAREDNESS

PROTECTIVE ACTIONS

HAVE A PLAN TO STAY COOL

Sweating is an important way our body can reduce heat, preventing heat illness. Humidity can reduce the effectiveness of sweating, and dehydration means you're not able to sweat as much. Shade and indoor, air-conditioned places can also help give your body a break from the heat, which can help avoid heat illness.

ADJUST PLANS

Stay indoors as much as possible. If you plan to go outside for an extended period, make sure to bring plenty of water, take frequent breaks, go with a friend who also knows the signs of heat illness, and make sure you let someone know where you're going and when you'll be back by.

WEAR LIGHTWEIGHT AND LIGHT-COLORED CLOTHES

Lighter-colored fabrics reflect more light, and therefore heat. Lightweight clothing that breathes helps pull sweat (and heat) away from the body.

COOL CENTERS

When your house gets too warm, visit places like theaters, shopping centers, or museums. City libraries and rec centers act as Cool Centers when it's over 97 degrees. Find one at RiversideCA.gov/ReadyRiverside/be-informed/hazards/extreme-heat.

BE AWARE

Overnight temperatures may not provide enough relief, allowing stress in the body to build over long-duration heatwaves. Heat illness can become more likely in these scenarios.

DRINK WATER

Don't wait until you are thirsty! Begin hydrating before hot conditions begin and keep drinking water before you become thirsty.

AVOID ALCOHOL AND CAFFEINE

Both can increase dehydration and increase your vulnerability to heat illness.

KNOW THE SIGNS OF HEAT ILLNESS

HEAT EXHAUSTION	ACT FAST
Heat exhaustion can lead to heat stroke.	• Move to a cooler area • Loosen Clothing • Sip cool water • Seek medical help if symptoms don't improve

Dizziness | **Heavy Sweating** | **Weakness**

Thirst | **Nausea**

HEAT STROKE	ACT FAST
Heat stroke can cause death or permanent disability if emergency treatment is not given soon.	**CALL 911** • Take the above heat exhaustion actions after calling 911

Dizziness | **Dry Red Skin**

Confusion | **Becomes Unconcious**

No Sweating

LOOK, WATCH, AND PROTECT

The temperature inside your car can become dangerous more quickly than you might realize. Never leave pets or vulnerable people unattended in a car.

Check on friends, family, and neighbors: A phone call is nice, but a visit can tell you if their cooling plans are working, or if there are any problems. Stop by and check in to be sure they are okay, especially with vulnerable populations.

Make sure pets and animals have access to shade and cool, clean water. Be alert for signs your pet is overheating. Be alert for hot asphalt that can burn your pets' sensitive paw pads and heat up your pets' body temperature close to the ground. Try to take walks in the early morning and late evening.

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