NOAA – National Weather Service
San Francisco Bay Area – Monterey, CA
www.weather.gov/sanfrancisco

May 21, 2013

Contact: Logan Johnson
Warning Coordination Meteorologist
San Francisco Bay Area National Weather Service
831-656-1710 ext.223

Heat Awareness Day – May 24, 2013

The National Weather Service wants to remind people of the dangers associated with extreme heat and to encourage citizens to take protective measures.

May 24, 2013 is Heat Awareness Day. The National Weather Service wants to remind people of the dangers associated with extreme heat and to encourage citizens to take protective measures. In 2010, over 3,500 individuals in California visited hospital emergency rooms due to heat related illnesses and this resulted in almost 500 hospitalizations in 2010 due to heat related causes.

To encourage citizens to be prepared for severe heat, the National Weather Service offers these tips to keep safe in hot weather:

1. **Drink plenty of water.** Don't wait for thirst, but instead drink plenty of water throughout the day regardless of your activity level. Avoid alcohol, caffeine and sugar-sweetened beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.)

2. **Wear lightweight, loose-fitting, clothing and plenty of sunscreen.** When outdoors, add a hat or umbrella to keep your head cool and don't forget to apply sunscreen (SPF 15 or higher) 30 minutes prior to going outside.

3. **Keep your living space cool.** Cover windows to keep the sun from shining in. If you do not have an air conditioner, open windows to let air circulate and use fans to blow hot air out. To cool your body down, take a cool shower or bath. Better yet, go to a library, shopping mall or any public space with air conditioning for a few hours. This can help your body stay cooler when you go back into the heat.

4. **Slow down and limit physical activity.** Plan outings or exertion for the early morning or after dark, when temperatures are cooler. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.

5. **Never leave children, disabled persons or pets in a parked car – even briefly. <u>Beat the Heat, Check the Back Seat!</u>** Temperatures in a car can become life-threatening within minutes. On an 80-degree day, the temperature inside a car, even with the windows cracked, can reach 100 degrees in less than 10 minutes!

6. **Monitor those at high-risk for heat-related illness, including:**

- Older adults
- People aged 65 or older
- People who are overweight
- People who work outdoors or in hot settings
- People who are physically ill, especially with heart disease or high blood pressure or who take certain medications, such as for depression, insomnia, or poor circulation.

Hot Weather Emergencies: Heat Stroke

Heat stroke occurs when the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Call for immediate assistance when you see any of the following warning signs of heat stroke:

- An extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

Weather Alerts Issued by National Weather Service:

• **Outlook Statement** – Issued 2 to 7 days in advance of when Heat Advisory or Excessive Heat Warning conditions are anticipated. Issued as a Hazardous Weather Outlook (HWO). Broadcasted on NOAA Weather Radio All Hazards and posted on NWS web sites (www.weather.gov/sanfrancisco).

• **Heat Advisory** – Issued 6 to 24 hours in advance of any 24-hour period in which daytime high temperatures are expected to pose risks for the population.

• **Excessive Heat Watch** – Issued generally 12 to 48 hours in advance of any 24-hour period in which daytime high temperatures will possibly pose significant risks for the population.

• **Excessive Heat Warning** - Issued 6 to 24 hours in advance of any occurrence of a 24 hour period in which daytime high temperatures will pose significant risks for the population.

For additional information about heat awareness visit http://www.weather.gov/mtr/heat/. You can also follow the National Weather Service on social media.

National Weather Service:
Facebook: US National Weather Service San Francisco Bay Area
Twitter: @nwsbayarea
For more statistics on environmentally-related health outcomes, visit the California Department of Public Health Environmental Health Tracking Program website.

###