

D.E.E.P. Thoughts.....

Disaster, Emergency, Evacuation and Preparedness

There's a **HEAT WAVE on the way!!!!**

Extreme Heat: Temperatures that hover 10 degrees or more above the average high temperature for the region, lasts for a prolonged period of time. The body cannot tolerate extreme **heat**. A heat wave is a very dangerous situation.

Heat Stroke: A condition in which the body becomes overheated in a short span of time, can be life threatening and requires immediate medical attention.

Heat Exhaustion: A milder form of **heat** related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacements of fluids. Those most affected by **heat** exhaustion are children, elderly people and those who are working or exercising outside.



Warning Signs!!!!

Heat Stroke

Extremely high body temperature
Red, hot and dry skin (no sweating)
Rapid, strong pulse
Throbbing headache
Dizziness
Nausea
Confusion
Unconsciousness

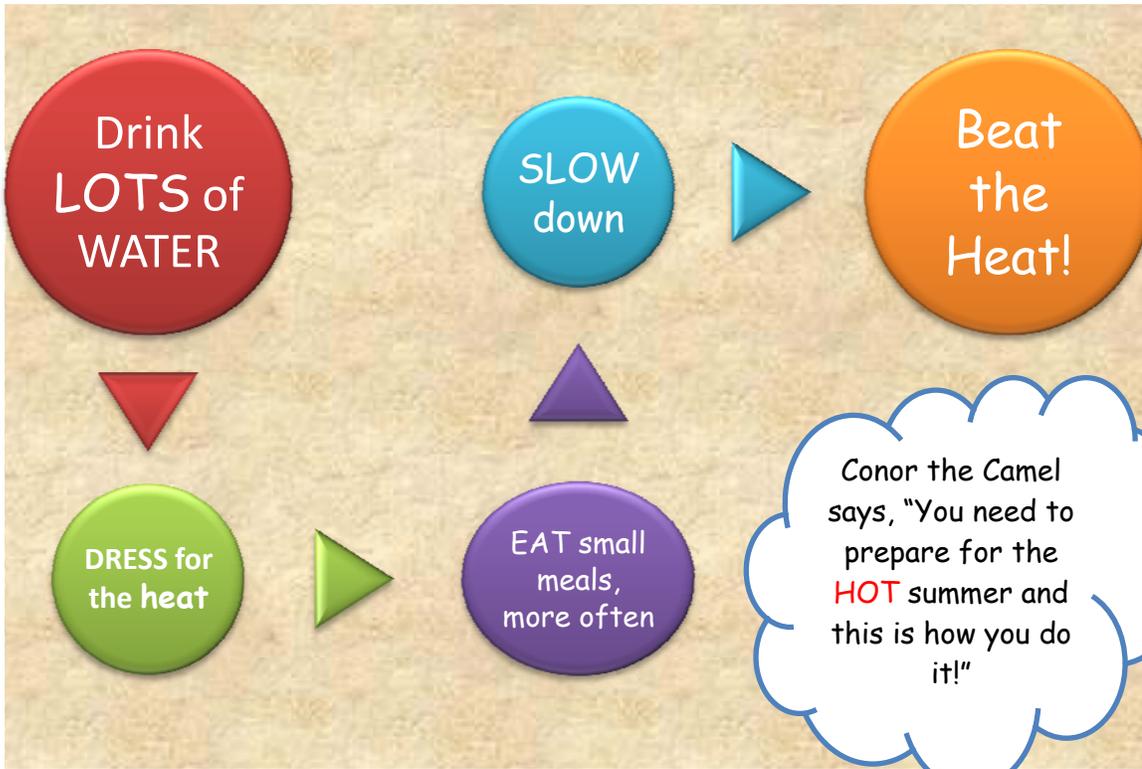
Heat Exhaustion

Heavy sweating
Paleness
Muscle cramps
Tiredness
Weakness
Dizziness
Headache
Nausea or Vomiting
Fainting

**Take BREAKS on
warm days when
engaged in
physical activities!**



Kids, Stay COOL!!!



Stay Informed!!!

Free weather alerts to your phone or email from websites such as www.weather.com/mobile

Learn more about extreme heat in your area by contacting your local American Red Cross Chapter

KIDS -
BEAT the HEAT by making this HEAT Disaster Kit!! Just place these household items in a bag so you are ready to BEAT the HEAT!!

Food bars
Water
Towels
Heavy duty gloves
Radio
Batteries
Sunscreen

