



# 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.

### WHO:



Children

More males than females are affected



Older adults



Outside workers

### WHERE:



Houses with little to no AC



Construction worksites



Cars

### HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes