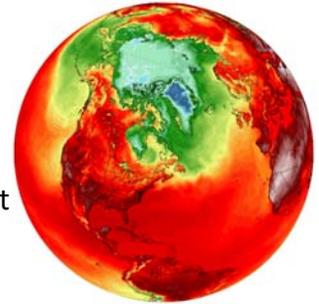


EXTREME HEAT



Areas of Focus

Heat Watch vs Warning

Heat Disorders

Safety Tips



Friday's Focus

According to the Department of Health (MDH), between 2000 to 2016, 54 deaths were directly attributable to extreme heat in Minnesota. On July 19, 2011, an all-time heat index record was set in Minnesota. The air temperatures was 93 degrees Fahrenheit and the heat index reached 130 degrees Fahrenheit in Moorhead.

The National Weather Service (NWS) places high priority on alerting the public to heat wave hazards. Additionally, the MDH has developed an Extreme Heat Toolkit with communications and public-health planning strategies to prevent heat-related illnesses and deaths.

Heat Disorders

Heat Disorder	Symptoms
Sunburn	Redness and pain. In severe cases swelling of
Heat Cramps	Painful spasms usually in muscles of the legs
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature
Heat Stroke	High body temperature (106 F or higher). Hot dry skin. Rapid and strong pulse. Possible

Heat Watch vs. Warning

Heat Watch: Issued when conditions are favorable for an excessive heat event in the next 12 to 48 hours. A watch is used when the risk of a heat wave has increased, but its occurrence and timing is still uncertain.

Heat Warning: Issued when an excessive heat event is expected in the next 36 hours. These alerts are issued when an excessive heat event is occurring, is imminent, or has a very high probability of occurrence. The warning is used for high heat conditions that pose a significant threat to life.

Safety Tips

- Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- Foods (like proteins) that increase metabolic heat production also increase water loss.
- Drink plenty of water or non-alcoholic fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty.
- Do **not** drink alcoholic beverages.
- Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air conditioned environment affords some protection.
- Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.