

## What is Extreme Heat?

In the summer a combination of high temperatures and high humidity can cause extreme heat. People suffer heat-related illness when their bodies are unable to properly cool themselves.

### Heat-Related Illness

Extreme heat can lead to severe illness and even death. Heat-related illnesses include:

**Heat rash:** a skin irritation that looks like a cluster of small blisters. It is caused by excessive sweating during hot, humid weather.

**Sunburn:** the skin becomes red, painful and abnormally warm after sun exposure. Severe sunburns may require medical attention.

**Heat cramps:** muscle pains and spasms are often the first sign the body is having trouble coping with the heat.

**Heat exhaustion:** heavy sweating, headache, dizziness, fainting, nausea and/or vomiting are all signs of heat exhaustion.

**Heat stroke/Sun stroke:** signs include hot, red skin, rapid weak pulse and shallow breathing. Skin may be wet if person was sweating from strenuous activity, otherwise it will be dry; possible unconsciousness. **This is a severe medical emergency.**

## For More Information Visit:

**El Dorado County Emergency Preparedness and Response**

[www.edcgov.us/preparedness](http://www.edcgov.us/preparedness)

Find us on Social Media: EDCPreparedness



**Centers for Disease Control & Prevention**

<http://emergency.cdc.gov/disasters/extremeheat>

**Ready.gov**

<http://www.ready.gov/heat>



*Emergency Preparedness and Response is a program of the El Dorado County Health and Human Services Agency*

El Dorado County  
Emergency Preparedness and Response  
2900 Fair Lane Court  
Placerville, CA  
(530) 621-7560

# Beat the Heat



*Safety tips for keeping yourself, your family, and your pets safe during extreme Summer heat*

**El Dorado County  
Emergency Preparedness  
& Response**

## Who is at Risk for Heat-Related Illness

- People aged 65 and older
- Infants and small children
- People who are ill or are taking certain medications
- People with chronic medical conditions
- People who exert themselves during work or exercise
- Outdoor workers
- Pets and other animals

## During an extreme heat event:

- Check on at-risk friends, family, and neighbors at least twice a day and have them check on you, too
- Wear loose, lightweight, light-colored clothing
- Stay hydrated; don't wait until you are thirsty to drink
- Stay informed
- Stay cool



Make a Kit

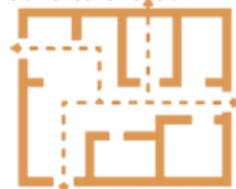


## Indoor Safety

- Take cool showers
- Avoid eating heavy meals
- Stay in air-conditioned areas as much as possible
- Avoid using the stove or oven to cook

## Outdoor Safety

- Avoid strenuous activity on hot days
- Never leave anyone, including pets and children, in a parked vehicle
- Limit exposure to the sun



Have a Plan

## Remember Your Pets

- Make sure your pets and animals have plenty of fresh, clean water and a shady place to get out of the sun
- Avoid burns on paws from hot asphalt or pavement; keep activity to a minimum during the hottest part of the day
- Know the warning signs of overheating in your pets, including: excessive panting, drooling, weakness, increased respiration



## Energy Assistance

For information on energy assistance, contact the El Dorado County Health & Human Services Agency:

**Placerville** at (530) 621-6150

**South Lake Tahoe** at (530) 573-3490



Be Informed