

# AT-A-GLANCE EXTREME HEAT

## EXCESSIVE HEAT WATCH

- EXTREME HEAT WARNING IS ISSUED WHEN EXTREMELY DANGEROUS HEAT CONDITIONS ARE EXPECTED OR OCCURRING.
- AVOID OUTDOOR ACTIVITIES, ESPECIALLY DURING THE HEAT OF THE DAY.
- IF YOU MUST BE OUTSIDE, BE SURE TO DRINK PLENTY OF WATER AND TAKE FREQUENT BREAKS IN THE SHADE.
- STAY INDOORS IN AN AIR-CONDITIONED SPACE AS MUCH AS POSSIBLE, INCLUDING OVERNIGHT. CHECK ON FAMILY AND NEIGHBORS.



## EXCESSIVE HEAT WARNING

- AN EXTREME HEAT WATCH IS ISSUED WHEN CONDITIONS ARE FAVORABLE FOR AN EXTREME HEAT EVENT BUT ITS OCCURRENCE AND TIMING IS STILL UNCERTAIN.
- PLAN TO SUSPEND ALL MAJOR OUTDOOR ACTIVITIES IF A WARNING IS ISSUED.
- IF YOU DO NOT HAVE AIR CONDITIONING, LOCATE THE NEAREST COOLING SHELTER OR DISCUSS STAYING WITH NEARBY FAMILY OR FRIENDS WHO HAVE AIR CONDITIONING.



## OUTDOOR ACTIVITIES

- SLOW DOWN. REDUCE, ELIMINATE OR RESCHEDULE STRENUOUS ACTIVITIES UNTIL THE COOLEST TIME OF THE DAY.
- DRESS FOR SUMMER. WEAR LIGHTWEIGHT, LOOSE FITTING, LIGHT COLORED CLOTHING TO REFLECT HEAT AND SUNLIGHT.
- MINIMIZE DIRECT EXPOSURE TO THE SUN.



## EATING & DRINKING

- EAT LIGHT, COOL, EASY-TO-DIGEST FOODS SUCH AS FRUITS OR SALADS.
- DRINK PLENTY OF WATER (NOT VERY COLD), AND DECAFFEINATED FLUIDS, EVEN IF YOU DON'T FEEL THIRSTY
- DO NOT TAKE SALT TABLETS UNLESS SPECIFIED BY A PHYSICIAN.

## COOLING DOWN

- USE PORTABLE ELECTRIC FANS TO EXHAUST AIR FROM ROOMS OR DRAW IN COOLER AIR. DO NOT DIRECT THE FLOW OF THE FAN TOWARD YOURSELF
- TAKE A COOL BATH OR SHOWER.



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