

JOIN THE NATIONAL WEATHER SERVICE IN PROMOTING HEAT AWARENESS DAY ON MAY 30TH

Extreme Heat Can Cause Death!

- About 115 people in the U.S. die each year from extreme heat. Heat deaths and injuries are usually underreported.
- Most heat related deaths occur in people's homes and in people over the age of 40.
- Every location in Michigan has experienced 100 degree heat some-time in the past.
- Metro Detroit experiences about twelve 90+ degree days per year.
- Southern Lower Michigan experiences seven to twelve 90+ degrees days per year.
- Northern Lower Michigan and the Upper Peninsula experiences about five 90+ degree days per year.
- Warm nights with temperatures above 70° hinders the body's ability to cool and creating even more heat stress for the next day.

Watches, Advisories and Warnings

- **Excessive Heat Watch** - Issued when the Heat Index (HI) may be at least 105° within the next 2 to 3 days.
- **Heat Advisory** – Issued when the HI is expected to be at least 100° for 3 hours or more. Can be issued with lower criteria with successive days heat.
- **Excessive Heat Warning** – Issued when the HI is expected to be at least 105° for 3 hours or more. Can be issued with lower criteria with successive days heat.

Actions to Prevent Heat Disorders

- **Hydrate** -
 - ◇ Drink plenty of water, even if you don't feel thirsty!
 - ◇ Avoid drinks with alcohol, caffeine or lots of sugar.
- **Educate** -
 - ◇ Know the latest temperature and heat index forecasts and values.
 - ◇ Find a cool place where you will be able to get out of the heat.
 - ◇ Know the warning signs of heat illness.
- **Act quickly** -
 - ◇ Get medical help right away for any of these warning signs: Dry hot skin, heavy sweating, rapid breathing, rapid heartbeat, cramping, nausea, dizziness, confusion and exhaustion.
- **Take it easy** -
 - ◇ Avoid over exertion especially between the hours of 11 am and 6 pm. Take breaks at least hourly in the shade or in an air conditioned location.
 - ◇ Stay out of the sun and stay in a cooled building as much as possible.
 - ◇ Use a fan only when the windows are open or when the air conditioner is on.

What is the Heat Index?

The heat index (HI) is a calculation of how hot it feels by combining the effect of high temperatures and humidity.

Did You Know?

Since the HI was devised for shady, light wind conditions, exposure to full sunshine can increase HI values by up to 15° F.

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DO NOT leave children or pets in your vehicle!

Heat Illness

Heat Illness	Symptoms	First Aid
Sunburn	Swelling, pain and redness of skin, blisters, fever, headaches.	Apply cool cloths to the burned area or immerse in cool water. Apply moisturizing lotion. Do not use salve, butter or ointment. Do not break blisters. Get medical attention for sunburned babies less than 1 year old.
Heat Cramps	Muscle pain, heavy sweating.	Stop all activity for a few hours. Drink water, clear juice or a sports beverage. Get medical attention if cramps do not go away within 1 hour.
Heat Exhaustion	Heavy sweating, cramps, tiredness, weakness, headache, cool and moist skin, fast and weak pulse, fast breathing, nausea, fainting.	Get the victim out of the sun, lay them down and loosen clothing. Apply cool, wet cloths. Give sips of a non-alcoholic drink. Get medical attention right away if the symptoms are severe or if the victim has heart problems or high blood pressure.
Heat Stroke	High body temperature (103° orally.) Red, hot, dry skin without sweating. Rapid, strong pulse. Throbbing headache. Dizziness, nausea, confusion, unconsciousness.	Do not give fluids to drink. Move the victim out of the sun and cool them down using a garden hose, sponging with cool water or any other method to cool them rapidly.

Resources on the Web

- **NWS** - www.weather.gov
 - ◊ Detroit - www.weather.gov/dtx , Grand Rapids - www.weather.gov/grr , Gaylord - www.weather.gov/apx , Marquette - www.weather.gov/mqt , Northern Indiana - www.weather.gov/iwx
- **Heat Index Chart** - <http://www.weather.gov/om/heat/heatindex.shtml>
- **Excessive Heat Outlooks** -
 - ◊ http://www.hpc.ncep.noaa.gov/heat_index.shtml
 - ◊ http://www.cpc.ncep.noaa.gov/products/predictions/short_range/heat/hi_610.php
- **NWS Heat Page** - <http://www.weather.gov/om/heat/index.shtml>
- **Michigan Committee for Severe Weather Awareness** - www.mcswa.com
- **CDC Extreme Heat Health** - <http://emergency.cdc.gov/disasters/extremeheat/>

This publication is available on-line at your local NOAA NWS web site



Provided by NOAA National Weather Service offices serving Michigan and the Michigan Committee for Severe Weather Awareness

