Code Red
HEAT ALERT
GENERAL FACT SHEET

Extreme heat events are the most dangerous natural hazard in the United States, contributing to an average of 675 deaths per year.

Heat-related death and illness are preventable.

Be aware of the weather. if it seems unseasonably warm outside reduce your exposure to heat and sun; take precautions to stay cool, and help those unable to take care of themselves such as the elderly and children.

STAY COOL

- Spend time in air conditioned buildings and avoid direct exposure to the sun.
- Drink more fluids; don't wait until you're thirsty to drink water.
- Avoid physical activity.
- Dress in lightweight, loose-fitting clothing
- Avoid alcohol or liquids containing large amounts of sugar because these can dehydrate you.

HELP OTHERS

Those who are most at-risk during an extreme heat event include infants and the elderly; people who are mentally impaired, homeless, or poor; people who live alone, participate in outdoor exercise or work, or are under the influence of alcohol or drugs; and people who take medicine for high blood pressure, depression or failure to sleep.

- During extreme heat events, identify and reach out to at-risk friends, family and neighbors, and help them deal with the heat
- Call 311 to notify 311 Baltimore of any at-risk individuals who may need additional assistance.

Know the signs and the right first aid response.

Heat Disorder	Symptoms	First Aid
Sunburn	Redness and pain. Swelling of skin, blisters, fever, and headaches.	Ointments or a dry sterile dressing. Severe cases should be seen by a doctor.
Heat Cramps	Painful spasms of muscles. Heavy sweating.	Firm pressure on muscles, or gentle massage. Give sips of water. If nausea occurs, discontinue use.
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale, and clammy. Weak pulse. Fainting and vomiting.	Get victim out of sun. Lay down and loosen clothing. Apply cool wet cloth. Give sips of water, unless nausea occurs. If vomiting continues, seek medical attention.
Heat Stroke	High body temperature (106°F or higher). Hot dry skin. Rapid and strong pulse, possible uncon-sciousness.	Find emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath or sponging. Do not give fluids.

Become "heat aware" by turning to local resources and accessible tools so you know what to do and where to turn when the temperature rises.

For more information visit: http://www.baltimorehealth.org/coderedinfo.html