FEELING THE HEAT
AND HOW TO BEAT IT

CAUSES OF INCREASED HEAT

The **heat island effect** occurs because our cities are full of roofs and roads that trap and retain heat, causing hot days and hotter nights than in surrounding areas.

The changing climate will lead to an increase in extreme heat days (above 92.6 degrees) in Alameda County.


COOLING STRATEGIES: WHAT TO DO

Alameda County Public Health Department encourages residents to be aware of health risks during extreme heat days. Some strategies for dealing with increased heat include:

- Cool as much of the body’s surface as possible. This can be done by taking a bath with cold water or rotating ice cold towels over the body, prioritizing the hands, face, and feet.

- Avoid drinking alcohol, caffeine, and sugary drinks, as they dehydrate your body.

- Avoid strenuous activities, especially from 11 a.m.-4 p.m.

- Avoid large meals, opt for smaller meals more frequently instead.

- **Sleep cool. Use cotton, linen, or bamboo sheets.** Sleep as low to the ground as possible. Bodies must cool at night to regenerate

- Moisten your skin with water and cool with a fan to increase evaporation.

- Close curtains to reduce the amount of heat passing through home.

- Avoid cooking in the oven; the heat will warm your home.

- **Drink water throughout the day and evening.**

- Keep electric lights turned down.

- Check-in with friends and family, employ the “buddy system.”

- Wear light colored, lightweight, loose fitting clothing and open shoes.

COOLING CENTERS

Beyond individual efforts, there are cooling centers and resources available to respond to the impacts of heat. Visit the following page to access a list of cooling centers in Alameda County.

[www.achch.org/heat-emergency-resources.html](http://www.achch.org/heat-emergency-resources.html)

For further information on temperature and cooling strategies, download the OSHA Heat App.

Call 911 for any serious heat related medical condition.
# FEELING THE HEAT AND HOW TO BEAT IT

## WHAT ARE THE SIGNS?

<table>
<thead>
<tr>
<th>Problem</th>
<th>Cause</th>
<th>Signs and Symptoms</th>
<th>Treatment</th>
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<tbody>
<tr>
<td>Heat Cramps (sore)</td>
<td>- Overworked muscles</td>
<td>- Painful muscle spasms or cramps (usually calves, thighs, and shoulders)</td>
<td>- Rest</td>
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<tr>
<td></td>
<td>- Dehydration</td>
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<td>- Hydration with commercially available electrolyte solutions</td>
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<tr>
<td></td>
<td>- Low electrolytes</td>
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<td>- Stretching and massaging the affected muscles</td>
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<td></td>
<td>- Fatigue</td>
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<tr>
<td>Heat Exhaustion (sick)</td>
<td>- Low fluid intake</td>
<td>- Weakness, feeling sick or lightheaded (especially while standing up)</td>
<td>- Get out of the hot environment</td>
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<td></td>
<td>- Fluid and electrolytes loss through sweating</td>
<td>- Nausea, vomiting</td>
<td>- Stop activity</td>
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<td></td>
<td>- Excessive activity often a contributing factor</td>
<td>- Headache</td>
<td>- Cool down, rest</td>
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<tr>
<td>Heat Stroke (serious/life threatening)</td>
<td>- Body cooling system overwhelmed</td>
<td>- Severe altered mental status (confused, lethargic, disoriented, combative)</td>
<td>- Replace fluids and electrolytes (sips)</td>
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<td></td>
<td>- Severe dehydration and/or excessive activity</td>
<td>- Possibly unconscious</td>
<td>- Prevent recurrence</td>
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<td>- Seizures are common</td>
<td>- Consider calling 911</td>
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<td>- Hot skin (may be moist)</td>
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## BODY SYMPTOMS

- Headache
- Confusion
- Dizziness
- Lightheaded
- Nausea
- Vomiting
- Moist skin
- Weak pulse
- Muscle cramps