

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.

Fuladlu, K., Riza, M., & Ilkan, M. (2018). The Effect of Rabin Urbanization on the Physical Modification of an Urban Area.

AFFECTED POPULATIONS

Heat can especially affect specific populations such as:

- People with disabilities
- Children
- Elderly
- People living alone

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.-4p.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

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

Call 911 for any serious heat related medical condition.



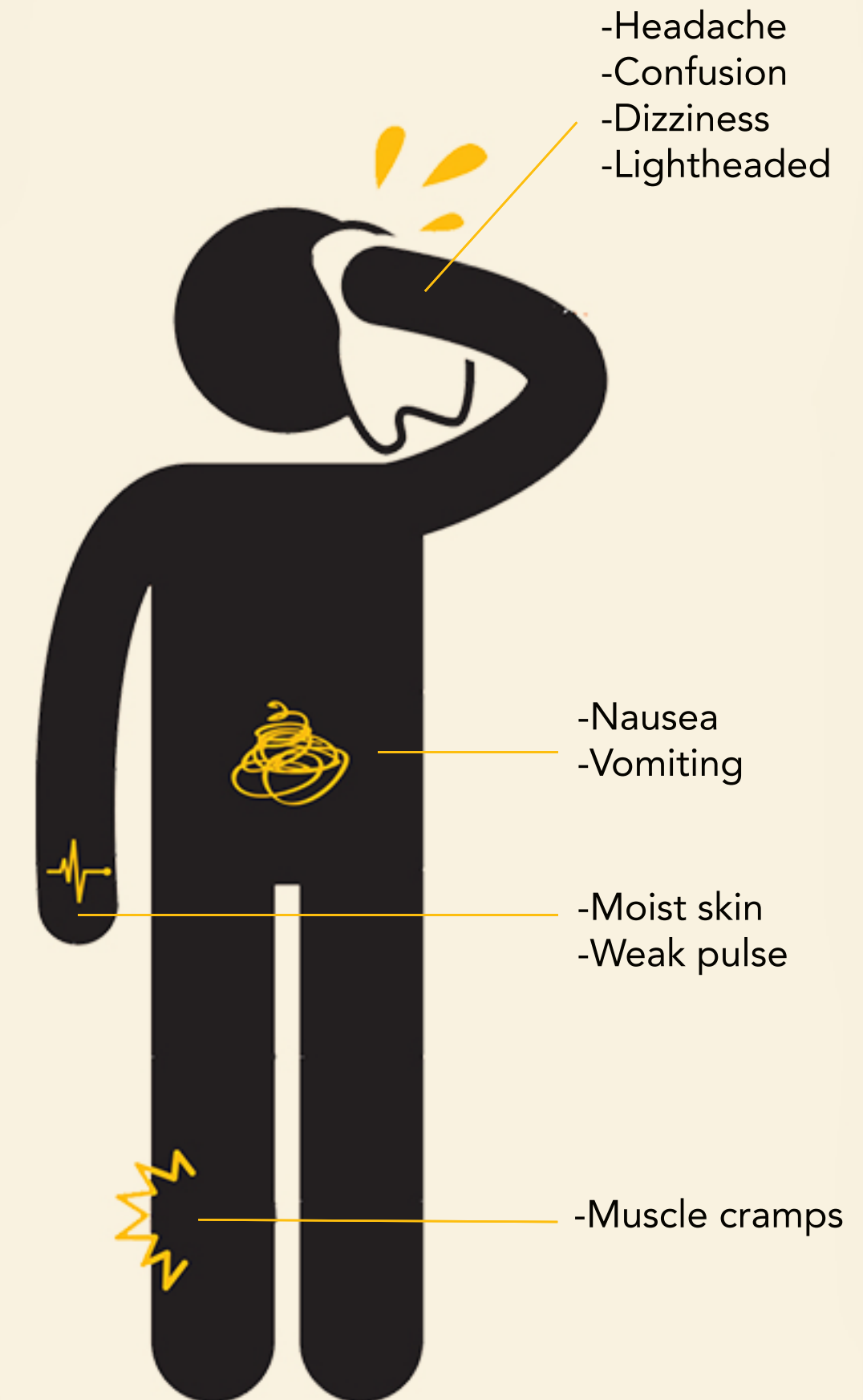
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WHAT ARE THE SIGNS?

| Problem | Cause | Signs and Symptoms | Treatment |
|--|--|--|--|
| Heat Cramps (sore) | <ul style="list-style-type: none"> Overworked muscles Dehydration Low electrolytes Fatigue | <ul style="list-style-type: none"> Painful muscle spasms or cramps (usually calves, thighs, and shoulders) | <ul style="list-style-type: none"> Rest Hydration with commercially available electrolyte solutions Stretching and massaging the affected muscles |
| Heat Exhaustion (sick) | <ul style="list-style-type: none"> Low fluid intake Fluid and electrolytes loss through sweating Excessive activity often a contributing factor | <ul style="list-style-type: none"> Weakness, feeling sick or lightheaded (especially while standing up) Nausea, vomiting Headache Skin moist, clammy | <ul style="list-style-type: none"> Get out of the hot environment Stop activity Cool down, rest Replace fluids and electrolytes (sips) Prevent recurrence Consider calling 911 |
| Heat Stroke (serious/life threatening) | <ul style="list-style-type: none"> Body cooling system overwhelmed Severe dehydration and/or excessive activity | <ul style="list-style-type: none"> Severely altered mental status (confused, lethargic, disoriented, combative) Possibly unconscious Seizures are common Hot skin (may be moist) | <ul style="list-style-type: none"> Call 911; Get help immediately Cool the person down with whatever means available (pour cool water over them, remove clothing, fan them, place icepacks on body) |

BODY SYMPTOMS



O. (n.d.). Spot the Signs of Heat Exhaustion. Retrieved from https://healthcare.utah.edu/healthfeed/postings/2015/07/071015_infographic-heat-exhaustion.php