



Office of Emergency Management



Cuyahoga County  
Together We Thrive

At-A-Glance

# Extreme Heat

- Each year Extreme Heat is responsible for hundreds of deaths in the United States
- Extreme Heat paired with high humidity makes it difficult for the body to maintain its normal temperature
- Overexposure to Extreme Heat can cause several heat-related illnesses, including: Heat Stroke, Heat Exhaustion, and Heat Cramps.

## Heat Related Illnesses

Knowing the differences between heat-related illnesses is critical when determining the need for medical care.

**Heat/Sun Stroke:** life-threatening condition, call 9-1-1 or get help immediately; signs include changes in consciousness and vomiting and high body temperature

**Heat Exhaustion:** typically occurs when people overexert themselves in hot, humid weather. Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion

**Heat Cramps:** muscular pains and spasms due to a combination of low fluids and heavy exertion. Although heat cramps are non-life threatening, they are often a precursor to more serious heat-related health concerns.

### Did You Know?

On average, Extreme Heat claims more lives each year than floods, lightning, tornadoes, and hurricanes combined.

For additional information on extreme heat, go to [www.ready.gov](http://www.ready.gov).

Sources: Federal Emergency Management Agency (FEMA)

You should have 4-6 ounces of liquid for every 15-20 minutes of activity!

### Before Extreme Heat...

- Install window air conditioners snugly; insulate if necessary. Install temporary window reflectors, such as aluminum foil-covered cardboard, to reflect heat back outside.
- Be aware that people living in urban areas may be at greater risk from the effects of heat than those in rural areas
- Listen to local weather forecasts and stay aware of upcoming temperature changes
- Be aware of surroundings and people around you

### During Extreme Heat...

- Listen to NOAA Weather Radio for critical updates from the National Weather Service (NWS)
- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible and limit exposure to the sun
- Stay hydrated; water is the best option
- Postpone or delay outdoor games and activities



A Preparedness Resource from  
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