Heat Waves and Health

What is extreme heat?

Extreme heat event is when **temperatures are significantly hotter that normal.**

What is an urban heat island?

Urban neighborhoods that face **hotter temperatures.**

What contributes to urban heat islands?

Concrete, traffic, roads, parking lots, fewer trees, more buildings.

Health Impacts from Extreme Heat

Leads to breathing problems, heat stroke, tiredness, headaches, and nausea

Dehydration - not enough fluid in the body to keep it working properly

Increases risk of preterm birth (babies born early)

Harder to sleep well leading to poor sleep quality

Stress on the heart organ

Increases risk of mental illness

Who Is Most At Risk?

Outdoor and manual workers (i.e. farmers, gardeners, construction workers)

People living in big cities/urban areas and crowded housing

People with less access to clean drinking water and air conditioning

Children (more likely to develop breathing problems)

People who have more difficulty getting health care i.e. language, insurance

People with disabilities and/or other medical conditions

Communities that don't have green spaces (public parks/ outdoor recreation areas)

Pregnant women

How Can You Take Action?

1 Drink around 2-3 liters of water throughout the day

2 Limit exercise and activity when it is the hottest (11 AM - 5 PM)

3 Use your air conditioner (AC) or fan

4 Have a "buddy system" to check in on people who need extra help in the community

5 Partner with groups that want to create more protections for the community and the environment like more shaded/green space and setting rules on pollution.

6 Partner with community groups to plant trees, develop heat action plans, warning systems, and long-term plans to decrease heat waves

Community Resources

Check Air Quality Here:

Air Visual App:

Real-Time Weather: