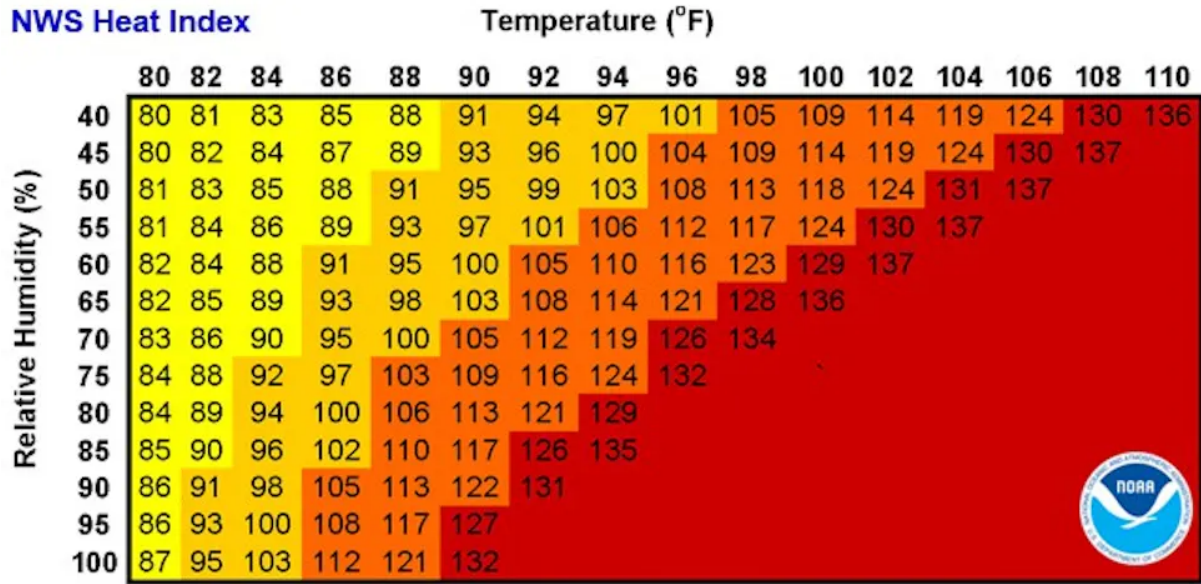


# Information on Dangerous Temperatures



Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution     
  Extreme Caution     
  Danger     
  Extreme Danger

## What the heat index levels mean

The heat index is a measure that combines air temperature and humidity to provide a clearer picture of the health risks from exposure.

Warning	Heat index	Effect on the body
<b>Caution</b>	<b>80°F-90°F</b>	Fatigue possible with prolonged exposure and/or physical activity
<b>Extreme caution</b>	<b>90°F-103°F</b>	Heat stroke, heat cramps or heat exhaustion possible with prolonged exposure and/or physical activity
<b>Danger</b>	<b>103°F-124°F</b>	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
<b>Extreme danger</b>	<b>125°F and above</b>	Heat stroke highly likely

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# Heat Exhaustion

# Heat Stroke

## ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

*Dizziness*

*Thirst*

*Heavy Sweating*

*Nausea*

*Weakness*



*Confusion*

*Dizziness*

*Becomes Unconscious*

## ACT FAST

# CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Heat exhaustion can lead to heat stroke.*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*



Stay Cool, Stay Hydrated, Stay Informed!

