

EXTREME HEAT

Summer is almost here. And so is the warmer weather. Many believe that it is warmer in the summer because the Earth is closer to the sun in the summer. In fact, the Earth is actually farthest from the sun in the summer and closest in the winter. It's warm in the summer because of the tilt of the Earth's axis. During the summer, the sun's rays hit the Earth at a steep angle. The light does not spread out much and increases the amount of energy hitting any given spot. Also, the long daylight hours allow the Earth plenty of time to reach warm temperatures.

When was the hottest day ever recorded in Pennsylvania?

The hottest day of record in Pennsylvania is on July 10, 1936. In Phoenixville, Pennsylvania, the recorded high was 111 degrees!

Hot and humid weather can be a silent killer. Several days of hot weather can build up heat in homes, especially those in cities. Elderly populations and children can have a tough time adjusting to the heat and extended exposure can lead to illness or even death.

Key Summer Safety Tips



- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Those with epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.

- Never leave children or pets alone in closed vehicles.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Go to a designated public shelter if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Check the weather/listen to NOAA Weather Radio for critical updates from the National Weather Service (NWS).

If You Have To Go Outside

- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays.
- Protect face and head by wearing sunblock and a wide-brimmed hat.
- Postpone outdoor games and activities.
- Stay indoors as much as possible and limit exposure to the sun.

Additional Safety Tips

- Limit intake of alcoholic beverages.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities.
- Do not take pets with you to run errands. Sparky may enjoy a fun car ride, but leaving pets in the car while you go into the store for even 15 minutes on a hot day could turn deadly.



Are you ReadyPA?

Extreme Heat

Did you know heat is one of the leading weather-related killers in the United States? Hot and humid weather can be a silent killer. Several days of hot weather can build up heat in homes, especially those in cities. Older adults and children can have a tough time adjusting to the heat and extended exposure can lead to illness or even death.

What should you Be Ready for?

Health Hazards

- Heat Cramps
- Heat Exhaustion
- Heat Stroke

Utility Outages/Brownouts

- Loss of electric, air conditioning
- No fans or cool water



Know the Terms

Heat Advisory. Take Action! Issued within 12 hours of the onset of extremely dangerous heat conditions. Rule of thumb: the temperature is expected to be 100° or higher for at least 2 days, and night time air temperatures will not drop below 75°.

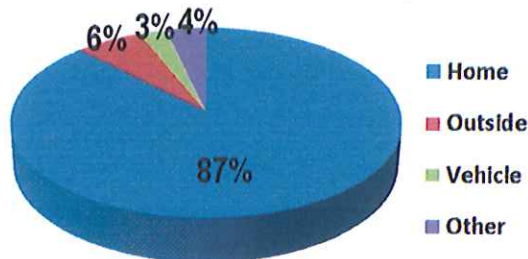
Excessive Heat Watch. Be Prepared!

Issued when conditions are favorable for excessive heat in the next 24 to 72 hours. Take steps now to stay safe!

Excessive Heat Warning. Take Action!

Rule of thumb: the temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°.

Pennsylvania Heat Deaths by Location



Data source: National Weather Service, 1995-2015

How can you Be Ready?

Before



- Learn the symptoms of heat exhaustion and heat stroke and when to call 911 or seek help.
- Know those in your neighborhood who are older, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.

During



- Drink plenty of water; even if you do not feel thirsty. Avoid alcohol and drinks with caffeine.
- Avoid strenuous work during the warmest part of the day and take frequent breaks.
- Never leave children or pets in closed vehicles.
- Go to a designated public shelter or cooling center if your home loses power during periods of extreme heat. Stay on the lowest floor out of the sunshine, if air conditioning is not available.