



## Dickinson-Iron District Health Department

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### IMMEDIATE RELEASE

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### Extreme Heat

Kingsford and Iron River, Michigan, June 22, 2022. – With the high temperatures we've been experiencing, the Dickinson-Iron District Health Department would like to take this opportunity and talk about extreme heat conditions during Summer Safety Month. Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. In fact, extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

Remember:

- Extreme heat can occur quickly and without warning.
- Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index.

### IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of water.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed car EVER! The temperature is much hotter in a closed vehicle than what the temperature is outside. Babies and pets have died unnecessarily.

-More –

## HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS

### Try to keep your home cool:

- Do not rely on a fan as your primary cooling device.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.
- Learn to recognize the signs of heat illness. For more information visit: [www.cdc.gov/disasters/extremeheat/warning.html](http://www.cdc.gov/disasters/extremeheat/warning.html)

### HEAT CRAMPS

- **Signs:** Muscle pains or spasms in the stomach, arms or legs
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. If you are sick and need medical attention, call your healthcare provider first. Follow your healthcare provider's instructions about whether you should go to the hospital or not.

### HEAT EXHAUSTION

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, fainting, nausea, vomiting
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Call your healthcare provider if symptoms get worse or last more than an hour.

### HEAT STROKE

- **Signs:**
  - Extremely high body temperature (above 103 degrees) taken orally
  - Red, hot and dry skin with no sweat
  - Rapid, strong pulse
  - Dizziness, confusion or unconsciousness
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

While we realize we don't normally have high extreme heat conditions here locally, it does and can happen on occasion so best to be educated on what to do and be prepared!

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