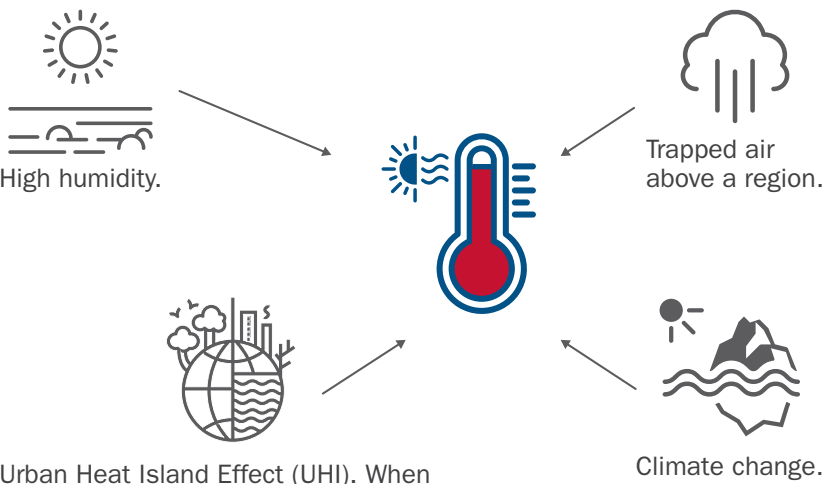


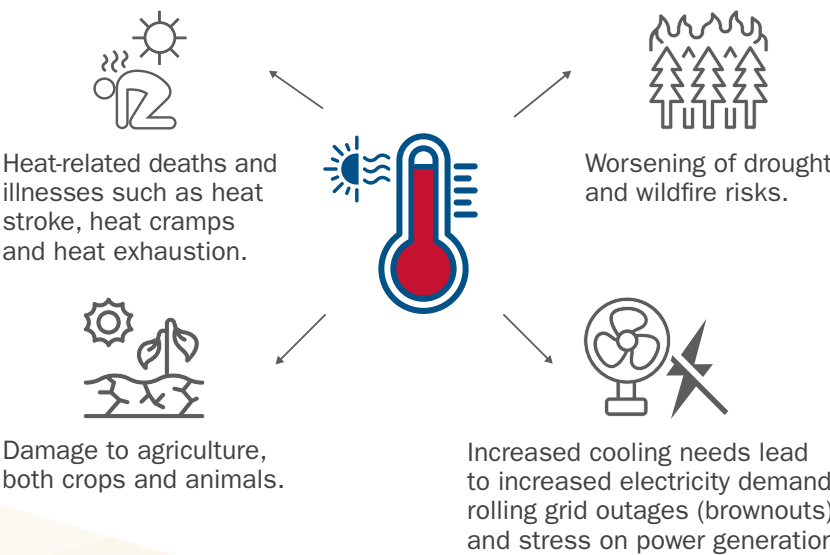
# EXTREME HEAT

A period of high humidity and temperatures above 90 degrees for at least 2-3 days. Extreme heat causes the most deaths every year among weather-related hazards and disproportionately impacts seniors, children and people with disabilities.

## CAUSES



## IMPACTS



## How I Can Reduce My Risk

### Be prepared for hot days:

- Know the signs of heat cramps, heat exhaustion and heat stroke.
- Follow local warnings when it gets hot.
- Check on friends, family and neighbors.

### Invest in property improvements that reduce heat risk:

- Install highly reflective and green roofs to reduce heat uptake.
- Consider ground source (geothermal) heat pumps. They can greatly increase the effectiveness of air conditioning at much lower cost and energy demand than traditional air conditioning.
- Plant vegetation and/or trees on your property to reduce heat absorption, create shade, and retain moisture.
- Have a generator to make sure your cooling system can work during extreme events.  
**NOTE:** only use generators outdoors and maintain your smoke and carbon monoxide detectors.

## How Local Officials Can Reduce My Risk

- Enforce limits on blue and black “hardscape” such as parking lots and roofing to reduce local heat island effects.
- Curtail energy use in non-essential government buildings to reduce power outage risks during peak demand.
- Plant more vegetation community wide to provide cooling and increase shade.
- Use land use planning and development standards to reduce heat-trapping surfaces, especially asphalt.
- Conserve open space to curb extreme heat.
- Plan government buildings and roads with shade and sun exposure in mind. Using or requiring the use of cool pavement, walls and roofs can decrease heat risks.

## Additional Resources

- Ready.gov  
[www.ready.gov/heat](http://www.ready.gov/heat)
- Centers for Disease Control and Prevention  
[www.cdc.gov/climateandhealth/pubs/extreme-heat-guidebook.pdf](http://www.cdc.gov/climateandhealth/pubs/extreme-heat-guidebook.pdf)
- United States Environmental Protection Agency  
[www.epa.gov/heatislands/adapting-heat](http://www.epa.gov/heatislands/adapting-heat)
- Contact your local or state emergency management department for more information about protection from extreme heat.