



# EXTREME HEAT



## How hot is extremely hot?

When temperatures reach 90 degrees Fahrenheit or higher, overexposure to the heat can be hazardous. Humid conditions, frequently experienced in Indiana, can add to the discomfort and danger of high temperatures.

Heat is the number one weather-related killer in the United States. According to the National Weather Service, heat causes more fatalities per year than floods, lightning, tornadoes and hurricanes.

## Stay safe during extreme heat!

- **Keep yourself hydrated and nourished.** Drink fluids regularly, regardless of your activity level. Avoid sugary, caffeinated and alcoholic beverages as they will dehydrate you faster. Eat smaller meals and more frequently. Although heat may lessen your appetite, your body needs proper nutrition to function.
- **Take time to cool off.** If possible, stay indoors in an air-conditioned building. If your home does not have air conditioning, spend time at a movie theatre, shopping mall, public library, or other air-conditioned public facility. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Check locally to see if there are any heat-relief shelters in your area.
- **Never leave animals, children or elderly individuals inside a vehicle!** Even if you are just leaving the vehicle for a minute and have all the windows rolled down, it is extremely dangerous to leave anyone, or an animal, inside a vehicle during summer temperatures.



For more information, visit

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