

What is Extreme Heat?

In the summer a combination of high temperatures and high humidity can cause extreme heat. People suffer heat-related illness when their bodies are unable to properly cool themselves.

Heat-Related Illness

Extreme heat can lead to severe illness and even death. Heat-related illnesses include:

Heat rash: a skin irritation that looks like a cluster of small blisters. It is caused by excessive sweating during hot, humid weather.

Sunburn: the skin becomes red, painful and abnormally warm after sun exposure. Severe sunburns may require medical attention.

Heat cramps: muscle pains and spasms are often the first sign the body is having trouble coping with the heat.

Heat exhaustion: heavy sweating, headache, dizziness, fainting, nausea and/or vomiting are all signs of heat exhaustion.

Heat stroke/Sun stroke: signs include hot, red skin, rapid weak pulse and shallow breathing. Skin may be wet if person was sweating from strenuous activity, otherwise it will be dry; possible unconsciousness. **This is a severe medical emergency.**

For More Information Visit:

El Dorado County Emergency
Preparedness and Response

Find us on Social Media: EDCPreparedness



Centers for Disease Control
& Prevention

<http://emergency.cdc.gov/disasters/extremeheat>

Ready.gov

<http://www.ready.gov/heat>



Emergency Preparedness
and Response is a program of
El Dorado County

El Dorado County

Emergency Preparedness and Response
2900 Fair Lane Court
Placerville, CA

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Beat the Heat



Safety tips for keeping
yourself, your family,
and
your pets safe during
extreme summer heat

El Dorado County Emergency
Preparedness & Response

Who is at Risk for Heat-Related Illness

- People aged 65 and older
- Infants and small children
- People who are ill or are taking certain medications
- People with chronic medical conditions
- People who exert themselves during work or exercise
- Outdoor workers
- Pets and other animals

During an extreme heat event:

- Check on at-risk friends, family, and neighbors at least twice a day and have them check on you, too
- Wear loose, lightweight, light-colored clothing
- Stay hydrated; don't wait until you are thirsty to drink
- Stay informed
- Stay cool



Make a Kit



Indoor Safety

- Take cool showers
- Avoid eating heavy meals
- Stay in air-conditioned areas as much as possible
- Avoid using the stove or oven to cook

Outdoor Safety

- Avoid strenuous activity on hot days
- Never leave anyone, including pets and children, in a parked vehicle
- Limit exposure to the sun



Have a Plan

Remember Your Pets

- Make sure your pets and animals have plenty of fresh, clean water and a shady place to get out of the sun
- Avoid burns on paws from hot asphalt or pavement; keep activity to a minimum during the hottest part of the day
- Know the warning signs of overheating in your pets, including: excessive panting, drooling, weakness, increased respiration



Energy Assistance

For information on energy assistance, contact the El Dorado County Health & Human Services Agency:

Placerville at (530) 621-6150

South Lake Tahoe at (530) 573-3490



Be Informed