

BEAT THE HEAT:

Extreme Heat

Heat related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.



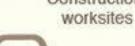
WHERE:



little to no AC









HOW to AVOID:





Stay hydrated with water, avoid sugary beverages air conditioned area

Stay cool in an



Wear light-weight, light colored, loose fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Inside

Inside

Time Elapsed: 20 minutes

40 minutes

Time Elapsed: Time Elapsed: 60 minutes