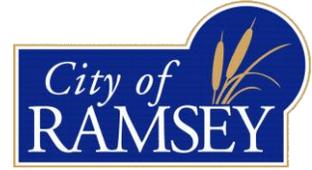




City of Ramsey Emergency Management



Severe Weather Awareness Week

Minnesota Severe Weather Awareness Week is April 8 - 12, 2019

Friday- Extreme Heat

From 2000 to 2010, 35 deaths were directly attributable to extreme heat in Minnesota. Heat-related fatalities outpace deaths in several other weather categories.

Based on a national average from 1992-2001, excessive heat claimed 219 lives each year. By contrast, floods killed 88, tornadoes 57, lightning 52 and hurricanes 15.

Heat Problems

Heat Cramps-

are muscular pains and spasms that usually occur in the legs or abdomen caused by exposure to high heat and humidity, and loss of fluids and electrolytes.

- Find a cool location to rest and take fluids (water or sports drinks)

Heat Exhaustion-

typically involves the loss of body fluids through heavy sweating during strenuous exercise or physical labor in high heat and humidity..

- Signs of heat exhaustion include cool, moist, pale or flushed skin; heavy sweating; headache; nausea; dizziness; weakness; and exhaustion

Heat stroke (also known as sunstroke)-

is a life-threatening condition in which a person's temperature control system stops working and the body is unable to cool itself

- Signs of heat stroke include hot, red skin which may be dry or moist; changes in consciousness; vomiting; and high body temperature.
- Heat stroke is life-threatening. **Call 9-1-1** immediately

During a Heat Wave

- Drink more fluids –avoid alcohol and high-sugared drinks
- Stay in an air-conditioned place during the hottest parts of the day.
- If air conditioning is not available, be in a location with adequate shade, air-flow and ventilation
- Wear lightweight, light-colored, loose-fitting clothing

Heat Index

- The Heat Index is a measure of how hot it feels when relative humidity is added to the air temperature
- Heat Index values are based on shady conditions; exposure to full sunshine can increase values by up to 15 degrees

HEAT INDEX CHARTS

Locate the heat index by comparing the temperature across the top row with the humidity or dewpoint

Relative Humidity (Percentage)	Temperature (Degrees Fahrenheit)									
	80	82	84	86	88	90	92	94	96	98
20	79	80	81	83	85	86	88	90	93	95
25	79	80	82	83	85	87	89	91	94	97
30	79	80	82	84	86	89	92	95	98	101
35	80	81	83	85	87	91	94	97	100	104
40	80	81	83	85	88	92	96	99	103	107
45	80	82	84	87	89	94	98	102	106	110

Never Leave Children, Disabled Adults or Pets in Parked Vehicles!:

Each year, dozens of children and untold numbers of pets left in parked vehicles die from hyperthermia. Hyperthermia is an acute condition that occurs when the body absorbs more heat than it can handle. Hyperthermia can occur even on a mild day. Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Leaving the windows slightly open does not significantly decrease the heating rate. The effects can be more severe on children because their bodies warm at a faster rate than adults.

Tips for Preventing Heat Related Illness:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar—these cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although anyone can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
 - ✓ Infants and young children
 - ✓ People aged 65 or older
 - ✓ People who have a mental illness
 - ✓ Those who are physically ill, especially with heart disease or high blood pressure
- Visit at-risk adults at least twice a day and watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent attention.
- If you must be out in the heat:
 - ✓ Limit your outdoor activity to morning and evening hours
 - ✓ Cut down on exercise. If you must exercise, drink two-to-four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.
 - ✓ Try to rest often, in shady areas
 - ✓ Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).