

JOIN THE NATIONAL WEATHER SERVICE IN CELEBRATING HEAT AWARENESS DAY ON MAY 27TH

Tolls of Extreme Heat

- Heat kills by taxing the human body beyond its abilities.
- 170 people succumb to the demands of heat on an annual basis.
- In the disastrous heat wave of 1980, across the nation more than 1,700 people died.



Contributing Factors

- Stagnant air conditions in cities add the stress of pollution.
- Sunburn can significantly retard the skin's ability to shed excess heat.
- Alcohol and certain medications can limit the ability to remove excess heat.

What to Look For

- Excessive Heat Outlooks - available on the web at:
http://www.hpc.ncep.noaa.gov/heat_index.shtml
http://www.cpc.ncep.noaa.gov/products/predictions/short_range/heat/hi_610.php
- NOAA National Weather Service (NWS) **Excessive Heat Watches, Heat Advisories, and Excessive Heat Warnings.**
Heat Advisory – Issued when the Heat Index (HI), which combines the effects of high temperatures and relative humidity, is expected to be at least 100° for 3 hours or more.
Excessive Heat Warning – Issued when the HI is expected to be at least 105° for 3 hours or more.

NOAA NWS Contacts

Jamie Bielinski
NWS Grand Rapids MI
(616) 949-0643 x726
<http://weather.gov/grr>

Matt Zika
NWS Marquette MI
(906) 475-5782 x726
<http://weather.gov/mqt>

Jim Keysor
NWS Northern Lower MI
(989) 731-3384 x726
<http://weather.gov/apx>

Richard Pollman
NWS White Lake MI
(248) 625-3309 x726
<http://weather.gov/dtx>

Michael Lewis
NWS Northern IN
(574) 834-1104 x726
<http://weather.gov/iwx>

Actions to Prevent Heat Disorders

- **Hydrate** - Drink plenty of water!
- **Educate** - Know the latest temperature and heat index forecasts and values. Know the warning signs of heat illness and how to stay cool.
- **Act quickly when heat illness is suspected** - Seek medical attention immediately for any of the following warning signs; cramping, rapid pulse, excessive sweating, red hot skin, nausea, dizziness and/or confusion.
- **Take it easy** - Especially between the hours of 11 am and 6 pm, avoid over exertion. Take breaks at least hourly in the shade or in an air conditioned location.

First Aid for Heat Disorders

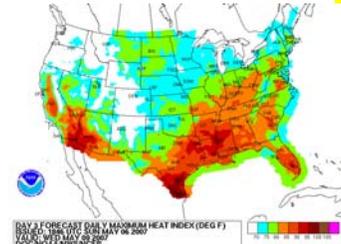
Heat Disorder	Symptoms	First Aid
• Sunburn	Redness and pain. Swelling of skin, blisters, fever, and headaches.	Ointments or a dry sterile dressing. Severe cases should be seen by physician.
• Heat Cramps	Painful spasms of muscles. Heavy sweating.	Firm pressure on muscles, or gentle massage. Give sips of water. If nausea occurs, discontinue use.
• Heat Exhaustion	Heavy sweating, weakness, skin cold, pale, and clammy. Thready pulse. Fainting and vomiting.	Get victim out of sun. Lay down and loosen clothing. Apply cool wet cloth. Give sips of water, unless nausea occurs. If vomiting continues, seek medical attention.
• Heat Stroke	High body temperature (106° or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness.	Summon emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath or sponging. Do not give fluids.

Facts of Extreme Heat

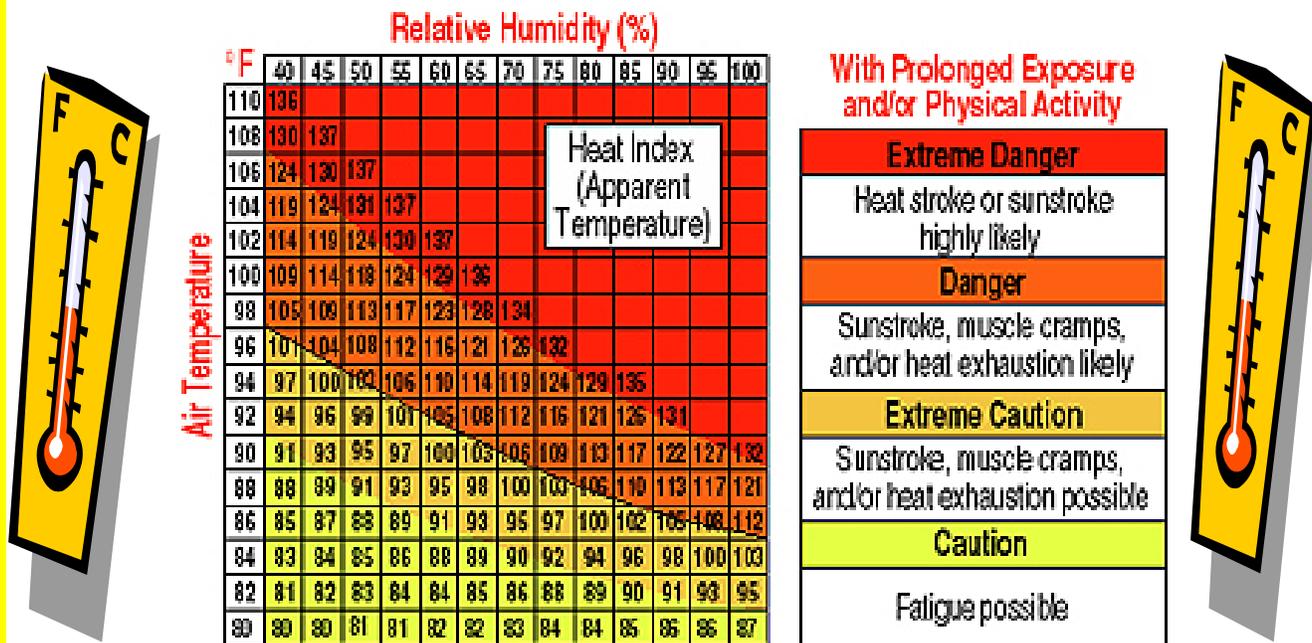
- **Heat Index** is a measurement of how hot it feels when Relative Humidity is taken into account.
- Thousands of heat related illness and hospitalizations have occurred since 1993.
- Michigan recorded seven heat deaths in 2006 (the last year's that statistics are available from the State of Michigan)
- Most heat related deaths occur in people's place of residence.
- Most heat related deaths occur in people over the age of 40.
- Males account for about two-thirds of heat related deaths.
- Every location in Michigan has experienced 100 degree heat sometime in the past.
- Metro Detroit experiences about twelve 90+ degree days per year.
- Southern Lower Michigan experiences seven to twelve 90+ degrees days per year.
- Northern Lower Michigan and the Upper Peninsula experiences about five 90+ degree days per year.

Did You Know?

Since HI values were devised for shady, light wind conditions, exposure to full sunshine can increase HI values by up to 15° F.



Heat Index Chart



This publication is available on-line at your local NOAA NWS web site



Provided by NOAA National Weather Service offices serving Michigan and the Michigan Committee for Severe Weather Awareness

