



# CODE RED EXTREME HEAT ALERT

## FACT SHEET FOR CARETAKERS

*Extreme heat events are the most dangerous natural hazard in the United States, contributing to an average of 1,220 deaths per year.*

*Heat-related death and illness are preventable.*

*Be aware of the weather. If it seems unseasonably warm outside reduce your exposure to heat and sun, take precautions to stay Cool, and help people under your care do the same.*

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 a doctor.
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. Weak 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°F or higher). Hot dry skin. Rapid and strong pulse, possible unconsciousness.	Find emergency medical assistance immediately. Move victim to a cooler environment and reduce body temperature with a cool bath or sponging. Do not give fluids.

*Become "heat aware" by turning to local resources and accessible tools so you know what to do and where to turn when the temperature rises.*

**For more information visit: <https://health.baltimorecity.gov/coderedinfo>**

### Most at-risk during an extreme heat event include:

People with underlying health conditions (e.g., asthma and cardiovascular disease), older adults, infants and children, pregnant women, and those participating in outdoor exercise or work.

### STAY COOL

Encourage your patients to follow the steps below to reduce the risk of heat-related illness.

- Spend time in air-conditioned buildings and avoid direct exposure to the sun.
- Drink more fluids; don't wait until you're thirsty to drink water.
- Avoid alcohol or liquids containing large amounts of sugar because these cause a loss in body fluid.
- Refrain from physical activity.
- Avoid direct exposure to sun by wearing brimmed hats and applying sunscreen.
- Dress in lightweight, loose-fitting clothing to keep cool.
- When the temperature is above 95°F, electric fans may not prevent heat-related illness.

### HELP OTHERS

- During an extreme heat event, reach out and help at-risk people deal with the heat.
- Call 311 to notify 311 Baltimore of people at-risk who may need extra help. Know the signs of heat-related illness and the right first aid response.