

ARE YOU PREPARED FOR

EXTREME HEAT?

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat, your body works extra hard to maintain a normal temperature – a level of stress that can lead to death.



QUICK FACTS

Extreme heat often results in the highest annual number of deaths among all weather-related disasters.

- CAN HAPPEN ANYWHERE
- HUMIDITY INCREASES THE FEELING OF HEAT AS MEASURED BY A HEAT INDEX



REMEMBER

- EXTREME HEAT CAN OCCUR QUICKLY AND WITHOUT WARNING.
- OLDER ADULTS, CHILDREN AND SICK OR OVERWEIGHT INDIVIDUALS ARE AT GREATER RISK FROM EXTREME HEAT.
- FIND AIR CONDITIONING, IF POSSIBLE.
- AVOID STRENUOUS ACTIVITIES.
- WEAR LIGHT CLOTHING.
- DRINK PLENTY OF FLUIDS.
- WATCH FOR HEAT CRAMPS, HEAT EXHAUSTION AND HEAT STROKE.
- NEVER LEAVE PEOPLE OR PETS IN A CLOSED CAR.



> 130 F°

LIKELY: sunstroke, heat exhaustion, heat cramps, heatstroke

90-104 F°

POSSIBLE: sunstroke, heat exhaustion, heat cramps, heatstroke

80-89 F°

POSSIBLE: fatigue

**RADFORD
UNIVERSITY**

Emergency Management

Office of Emergency Management
540-831-6696

University Police Department
540-831-5500

Environmental Health & Safety
540-831-7790

Student Health Services
540-831-5111

General Information
540-831-5000

Radford City Police – Non-Emergency
540-731-362