

# Extreme Temperatures in Summer and Winter

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## Extreme temperatures



Summers are getting hotter in the Portland metro area. The average number of days over 90 degrees has gone up—from 11 days a year in the past to our new normal of 22 days a year. Because of this, there is also an increase in heat-related complications.

Each winter, over a thousand people nationwide die from exposure to the cold. An increase in vehicle accidents, fires, falls and heart attacks during this time makes winter's threats hard to ignore.

## Know the Difference

When the National Weather Service warns of hot or cold weather, know the terms.

### Watch: Be Prepared

A watch is issued when conditions are favorable for dangerous temperatures.

### Advisory: Take Action

An advisory is issued within 12 - 24 hours of the onset of dangerous temperatures.

### Warning: Take Action

A warning is issued within 12 - 24 hours of the onset of extremely dangerous temperatures.

## Hot weather

Temperature alone doesn't determine how hot it is. Humidity can make the heat worse. The National Weather Service has a handy Heat Index you can reference to see how hot it really is ([www.weather.gov/safety/heat-index](http://www.weather.gov/safety/heat-index)). Over-exposure to heat can cause physical harm. Below are some of the

most common heat-induced conditions and how to treat them until medical care is available.

### Tips for staying safe in the heat

- Slow down and avoid too much activity.

### Heat exhaustion

#### Signs and symptoms

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

#### For heat exhaustion:

Get to a cooler, air-conditioned place. Drink water if fully conscious. Take a cool shower or use cold compress.

### Heat stroke

#### Signs and symptoms

- Throbbing headache, may lose consciousness
- No sweating
- Body temp above 103, red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse

#### For heat stroke:

**Call 911.** Take immediate action to cool the person until help arrives.



## Hot weather, continued

- Wear light-colored, loose fitting clothing made from natural, breathable fabric.
- Do the most exerting work during the coolest parts of the day.
- Take more breaks than you normally would; allow time to cool down and hydrate.
- Drink water frequently—enough that you never get thirsty.
- Don't get too much sun. Sunburned skin can't get rid of heat as quickly.
- Avoid alcoholic drinks and drinks with caffeine. They use up your water reserves and don't let your body cool down.

Read the Take 5 Emergency Supplies flyer for tips on stocking your car with hot weather items.

## Extreme cold

Temperature alone doesn't determine how cold it is. Wind speed can make the cold worse. The National Weather Service has a handy Wind Chill chart you can reference to see how cold it really is. Over-exposure to cold can cause physical harm. Below are some of the most common cold-induced conditions and how to help until medical care is available.

### Tips for staying safe in the cold

- Dress for the weather.
- Take it easy. Avoid working too hard in the cold.
- Be careful when using alternative sources for heat and cooking. Keep anything that can burn three

feet away from heat. Do not heat your home with a gas range or oven. Do not use charcoal grills, gas grills or camp stoves indoors. They all produce harmful, odorless gases that can be deadly.

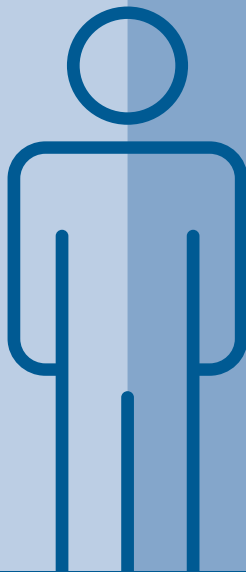
- Check weather forecasts before traveling and adjust your travel time to avoid winter weather.
- Drive slowly and increase your following distance to stay safe on the road.
- The most dangerous time to drive is when the temperature is near freezing 32°F (0°C).

Read the Take 5 Emergency Supplies flyer for tips on stocking your car with cold weather items.

### Frostbite

#### Signs and symptoms

- Redness or pain in any skin area may be the first sign of frostbite
- White or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness



### Hypothermia

#### Signs and symptoms

##### Adults

- Shivering, fumbling hands
- Exhaustion, drowsiness
- Confusion, memory loss, slurred speech

##### Infants

- Bright red, cold skin
- Very low energy

**If a person's temperature is below 95 degrees, get medical attention immediately**