

## 2025 Prepare in a Year Campaign



### Extreme Heat – Know the Warning Signs

“There is hot, and then there is hot! 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, which can lead to death. Older adults, children and people with certain illnesses and chronic conditions are at greater risk from extreme heat. Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.” ([www.ready.gov/heat](http://www.ready.gov/heat))

Hot summer temperatures can cause very serious health conditions. Being aware of the signs and symptoms to watch out for can be a game-changer. Learn how to respond by taking a First Aid class, or Basic CERT Training. Play it safe by drinking water and healthy fluids to stay hydrated! Stay in the shade or indoors during extreme heat. CalHeatScore is a NEW public health tool to help Californians reduce heat related illnesses by staying informed, ready, and safe when temperatures rise: <https://calheatscore.calepa.ca.gov/>

### Heat Cramps

**Muscular pains and spasms** in the stomach, arms, or legs brought on by over-exertion in extreme heat. Heat cramps are often the first signal that the body is suffering from excessive heat. (CERT Training Unit: 3: Aug. 2019 Edition)

### Heat Exhaustion

**A form of mild shock** that typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating.

#### Symptoms of Heat Exhaustion:

Cool, moist, pale, or flushed skin  
Dizziness, fainting  
Fast or weak pulse

Headache  
Heavy sweating  
Muscle cramps

Nausea or vomiting  
Tiredness or weakness

### Heat Stroke

**A life-threatening condition** in which a person's temperature control system shuts down, and the body temperature rises so high that brain damage and death may result. **Call 9-1-1.** (CERT Training Unit: 3: Aug. 2019 Edition)

#### Symptoms of Heat or Sun Stroke:

Dizziness, confusion, or unconsciousness  
Extremely high body temperature (above 103°)

Rapid, strong pulse and rapid, shallow breathing  
Red, hot, and dry skin with no sweat

➤ “If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place if you can.” ***If you are experiencing a medical emergency call 9-1-1. To learn more including what “actions” to take for heat related illness: [Extreme Heat | Ready.gov](http://www.ready.gov) & [BE PREPARED FOR EXTREME HEAT](#)***

#### Ideas to Consider:

- **Add 2-3 more Food Items** to your 72-hour Go-Bag, such as: ready-to-eat canned, packaged, or dried food (fruit, meats/tuna, peanut butter, crackers, granola bars, and foods you will eat)
- Add Instant Ice Packs to your 72-hour go-bag for extreme heat conditions

