

IMPORTANT NUMBERS

CITY OF CLEVELAND

Department of Aging664-2833
Department of Health664-2324
Department of Safety664-2200

American Red Cross431-3010

Council for Economic Opportunity
Of Greater Cleveland
Office.....263-6266
Automated Appt. Line.....518-4014

Cuyahoga County Metropolitan Housing
Authority (main number)348-5000
Emergency number391-2642

United Way First Call For Help.....436-2000

City of Cleveland



Summer Heat Information

DEPARTMENT OF AGING
DEPARTMENT OF HEALTH
DEPARTMENT OF PUBLIC SAFETY



CITY OF CLEVELAND
Frank G. Jackson, Mayor



Table of Contents

Heat Advisory.....	1
Heat Index table and what the numbers mean...4-5	6
Avoiding Heat Problems.....	6
Common Heat Related Conditions.....	8-9
Important Numbers.....	10

attention if symptoms worsen, last more than one hour, or if the person has heart problems or high blood pressure. If left untreated, heat exhaustion may lead to heat stroke.

Heat Stroke: Heat stroke is a life threatening condition. The victim's temperature control system stops working. The body's sweating mechanism fails and the body is unable to cool down on its own. The body temperature can rise so high that brain damage may result if the body is not cooled quickly. Body temperature may rise to 105° F or higher. Heat stroke can result from over exposure to direct sunlight, with or without physical activity, or to very high indoor temperatures. It can cause death or permanent disability if emergency treatment is not given.

The symptoms of a heat stroke include an extremely high body temperature (above 103 F, orally), red, hot, dry skin (**absence of sweating**), rapid pulse, headache, dizziness, nausea, confusion and unconsciousness.

If symptoms of heat stroke are present, find a cool place, preferably an air conditioned indoor setting. Put the person in a semi-sitting position. Loosen his or her clothing and bathe the head and body with **COLD** water. **Seek medical attention immediately.**

COMMON HEAT RELATED CONDITIONS

Heat Cramps: Muscular pains and spasms due to heavy exertion. Heat cramps are a signal that the body is struggling with the heat.

Persons suffering from heat cramps should use any methods available to cool down and drink fluids. Rest and a cool atmosphere should help the pains to subside. Continuing to work after suffering from heat cramps can lead to heat exhaustion.

Heat Exhaustion: Heat exhaustion can result when too much time is spent in a very warm environment, resulting in excessive sweating without adequate fluid and electrolyte (salt and mineral) replacement. This can occur either indoors or outdoors.

Symptoms of heat exhaustion include dizziness, headache, nausea, abdominal cramps, shallow breathing, cool and clammy skin, muscle tremors and heavy perspiration.

A person suffering from heat exhaustion should be moved to an air-conditioned environment, if possible. If outside, move the person to a shady spot. Loosen the person's clothing and encourage him or her to drink cool, non-alcoholic, decaffeinated beverages. Keep the person quiet. It may be necessary to seek additional medical

HEAT ADVISORY

Periods of extreme hot weather – heat waves – can cause serious health problems for everyone. Extreme heat affects all people but can be extremely hazardous for the elderly, the young and others that are ill or susceptible to heat related illnesses. Included with this bulletin are some facts and information in regard to weather and heat related illnesses and how to safely cope with these conditions.

APPARENT TEMPERATURE/ HEAT INDEX

The Heat Index measures what hot weather “feels like”. It is determined by the air temperature and relative humidity. The Heat Index table shows how temperature and humidity conditions combine to produce apparent, or “a feels like” temperature.



The City of Cleveland considers a HEAT INDEX of 105 or Higher to be the benchmark for a HEAT WARNING

When **HEAT WARNING** levels are reached, the City of Cleveland recommends that all persons take precaution-ary measures as outlined in this booklet.

If conditions persist over a period of days or there are temperature extremes that result in conditions that may be unsafe for the general public, the City of Cleveland will declare a **HEAT EMERGENCY**. Once a heat emergency is declared, the City will take measures to ensure that affected citizens will be able to access some relief.

We urge all citizens to read this booklet, understand the heat index table, and take the recommended precautions to avoid suffering from heat related illnesses and injuries.

At-Risk Populations

Anyone can develop heat related problems if air ventilation is not adequate or if the person is overexposed to direct sunlight. However, certain groups

Don't drink alcohol, soda pop, coffee or tea. Avoid spicy foods and heavy meals, they add heat to your body. Try to use your stove less and cook your meals in the cooler part of the day and re-heat them during hotter times.

Never leave children, the elderly or pets in a parked car, not even for a few minutes. The air temperature rises rapidly during hot weather and can lead to brain damage or death.

Use a Buddy System: If you are working in the heat, check on your co-workers and have someone else do the same for you. If you are at home and are 65 years of age or older, or have a chronic health problem, ask a friend, relative or neighbor to check in on you at least twice a day, even if you have air conditioning. If you know someone who is 65 years of age or older, or who has a chronic health problem, please check on them.

Pets: In many ways dogs, cats and other animals react to hot weather the way humans do. Offer pets extra water and be sure to place the water dish in a shaded area outdoors. Make sure pets have a protected place where they can get away from the sun.

AVOIDING HEAT RELATED PROBLEMS

Drink Plenty of Fluids: You will need to drink more than your thirst indicates. Make an extra effort to drink a minimum of 6 to 8 glasses of cool fluids daily. During heavy labor or exercise in a hot environment, drink two to four glasses of cool fluids each hour. Parents should insure young children get sufficient fluids. If you are on a special fluid restricted diet, or if you take diuretics, ask your physician about fluid intake during hot weather.

Limit Outdoor Activity: If you must be outside, try to plan activities for the coolest part of the day – before noon and the evening. When physically active, rest frequently in the shade. Drink fluids as indicated above.

Protect Your Body: Wear as little clothing as possible when indoors, and wear loose fitting, light colored clothing outdoors. When spending time outdoors, avoid direct sunlight, wear a hat and use a sunscreen with a Sun Protection Factor (SPF) greater than 15 to protect yourself against sunburn.

Take It Easy: Relax in a cool room, senior center, library, shopping mall or movie. AIR CONDITIONING CAN SAVE YOUR LIFE.

- Fans help if they are positioned to blow hot air out of your room and draw cool air in.

of people are at increased risks during extremely hot weather. These include elderly persons living alone, individuals with chronic medical conditions, and persons taking certain medications.

A number of different medications can pose special problems during periods of hot weather. These include diuretics (water pills); many heart medicines, diabetes medicine (tablets and insulin), psychiatric medications, antihistamines, and anti-hypertension (high blood pressure) drugs. **However, do not change or discontinue prescribed medications without the advice of your doctor.**

Heat induced illnesses can result in confusion, dizziness and loss of consciousness. This is why it is important that friends and relatives have daily contact, not just telephone contact, with an elderly person who lives alone.

Young children, particularly infants, are extremely sensitive to heat and easily become dehydrated (lose more body fluids) from high air temperature. To avoid dehydration during extremely hot weather, adults should make sure children drink plenty of fluids. Young children should be kept out of direct sunlight.

If you have breathing related conditions, such as, Chronic Obstructive Pulmonary Disease (COPD) or Asthma be aware of how you are feeling because excessive heat can cause exacerbations. Keep an eye on humidity levels and air pollution advisories during periods of high heat as this can affect your breathing. It is best to remain in air conditioned locations if you have breathing problems and drink plenty of fluids to keep your respiratory system hydrated.

