

EXTREME HEAT & WILDFIRE SMOKE:

**WHAT YOU SHOULD KNOW
& WHAT YOU CAN DO**

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HEAT-RELATED ILLNESSES

Heat Stroke: When your body creates more heat than it can release. Symptoms include hot, red, dry, or damp skin, a fast and strong pulse, headaches, dizziness, nausea, confusion, and loss of consciousness. **Call 911 right away!** Move to a cooler place and do not drink anything.

Heat cramps: Muscle cramps and spasms that occur during or after intense exercise and sweating in high heat. To alleviate stop physical activity, move to a cool place, and drink water or electrolytes. **Get medical help** if cramps last longer than 1 hour, you're on a low-sodium diet, or you have heart problems.

Heat Rash: This can occur when sweat is trapped in the skin. Symptoms include red clusters of small blisters typically on the neck, chest, groin, or in elbow creases. To alleviate you should go to a cool, dry place, keep the rash dry (you can use baby powder).

Sunburn: Symptoms include inflamed, painful skin that feels hot to the touch. It often appears within a few hours of being in the sun too long. To alleviate stay out of the sun, put cool cloths on sunburn, take a cool bath, put moisturizer on the sunburn, and do not break blisters.

Heat Exhaustion: The body's response to an excessive loss of water and salt. Symptoms include heavy sweating, cold, pale, and clammy skin, a fast and weak pulse, nausea or vomiting, muscle cramps, tiredness, dizziness, headaches, and fainting. You can move to a cool place, loosen your clothes, put wet cloths on your body, take a cool bath, or sip water. You should **get medical help** if you are throwing up, symptoms get worse, or if they last for more than 1 hour.

ALERT TYPES

There are different types of heat alert that require different actions.

- **Excessive Heat Warning-- Take Action!** This alert is issued within 12 hrs of the onset of extremely dangerous heat conditions; when heat is expected to last at least 2 days.
- **Excessive Heat Watches-- Be Prepared!** This alert is issued when conditions are favorable for an excessive event in the next 24-72 hrs; when the risk of a heat wave increases but the occurrence is uncertain.
- **Heat Advisory--Take Action!** This alert is issued within 12 hours of the onset of dangerous heat conditions; when is expected to last at least 2 days.
- **Excessive Heat Outlooks-- Be Aware!** This alert is issued when the potential for an excessive heat event exists in the next 3-7 days.

The image is a screenshot of a tweet from NYC Climate (@NYClimate) dated June 13, 2022. The tweet text reads: "Get alerted to heat risk: If your organization serves people with disabilities and others with access & functional needs, sign up for emergency alerts from @nycemergencymgt Advance Warning System: on.nyc.gov/3aNijGT #heatsafe #heataware #staycool @NYCDisabilities @NotifyNYC". Below the text is a graphic from the NYC Mayor's Office of Climate & Environmental Justice. The graphic has a light blue background and a dark teal footer. The header of the graphic says "Get alerted to heat risk". Below that is a question: "I work with people with disabilities. How can I be aware when heat risk is highest?". To the right of the question is a red warning icon of a thermometer inside a triangle. Below the question is a line of text: "Organizations serving people with disabilities and others with access and functional needs can sign up for Advance Warning System alerts." The footer of the graphic contains the hashtags "#heatsafe #heataware #staycoolNYC". The tweet timestamp is "2:01 PM · Jun 13, 2022" and there is a small information icon in the bottom right corner of the tweet area.



COOLING TIPS

There are a variety of things you can try to help cool off your spaces and bodies to prevent heat-related illnesses.

COOL THE BODY:

- Dress in loose, light and light-colored clothing. Natural materials like 100 percent cotton or linen allows skin to breathe more.
- Eat lighter cold foods like salads, low-fat dairy or frozen treats. Spicy foods can cool you down because they make you sweat.
- Drink a lot of water, and avoid caffeine and alcohol, which can dehydrate you. Keep bottles of water in the freezer, so when the ice melts, you'll have ice-cold water on hand.
- Exercise in the early morning or in the evening when it's cooler, and stay in the shade. If you can't, shorten your workout time and/or reduce your exertion.
- Cool your skin. Take cool baths or showers.
- Get damp and stay in front of a fan. If you cool the pulse points where blood vessels are close to the skin—wrists, neck, elbows, ankles, behind the knees, feet, inner thighs, temple, forehead and groin—your body will cool more quickly. You can chill washcloths in the refrigerator or use an ice pack on pulse points when you're hot.
- Keep a spray bottle in the refrigerator to give yourself a cool spritz. Store body lotion in the refrigerator too, so that it cools you off when you apply it. Pour a little ice water into a hat before you put it on. Keep a hand-held fan with you when you go out.
- Sleep cool. Use cotton, linen, percale or bamboo bed sheets. Consider misting your sheets or pajamas or putting them into the refrigerator or freezer for a few minutes before going to bed. Put a hot water bottle or a sock filled with rice in the freezer to create an ice pack you can take to bed or use to cool your sheets. Fill a pillow with buckwheat, which does not absorb heat and stays cooler.

COOL THE SPACE:

- Use fans strategically. Set them up in windows or halls to get a cross breeze going. Place a bowl of ice at an angle in front of a fan so that air blows across it to create a cool breeze.
- Limit oven or stove use and if you must cook, grill outside, choose the microwave or toaster so your house stays cool.
- If you have a ceiling fan with two directions, make sure it is running counterclockwise at high speed to push cool air down. Use exhaust fans in your bathroom and kitchen to pull hot air out of your space. Place a box fan in the window, but have it face outside to pull hot air out of your room.
- Manage your windows for heat. Keep your blinds or curtains closed during the day, especially if they face south or west. If the night or early morning is cool, open the window but close it as the day gets hotter. Hang a wet sheet in front of an open window to create a cool breeze.
- Unplug gadgets and small appliances when you are not using them, as they generate heat even when turned off.
- Don't run your washer, dryer or dishwasher on hot days.
- Replace your incandescent bulbs, which waste 90 percent of their energy as heat, with compact fluorescent bulbs (CFLs) or LEDs. Use lights as little as possible because all light bulbs, even CFLs, emit heat.

COOLING TIPS

COOL THE HOUSE:

- Install a house fan in the ceiling of the upper level of the house to suck hot air from the house and send it outside through a vent, allowing cool air (if it is cooler!) from outside into the house. Or invest in a ceiling fan to circulate the air.
- Make sure your attic and roof area are properly insulated to keep heat from coming in. Caulking and weatherstripping windows also help keep heat out. Blackout or heat-blocking curtains can naturally insulate a room.
- Install shutters or external blinds to shut out the sun.
- Awnings can reduce cooling energy use by 26 percent in hot climates and 33 percent in temperate climates.
- Paint your exterior walls light colors to reflect rather than absorb heat
- Light colored roof shingles and reflective paint or tiles reflect sunlight and absorb less heat than traditional roofs, keeping the roof cooler in hot temperatures.

KNOW WHO'S AT RISK:

- Infants



- Young Children



- Older adults



- People with chronic medical conditions

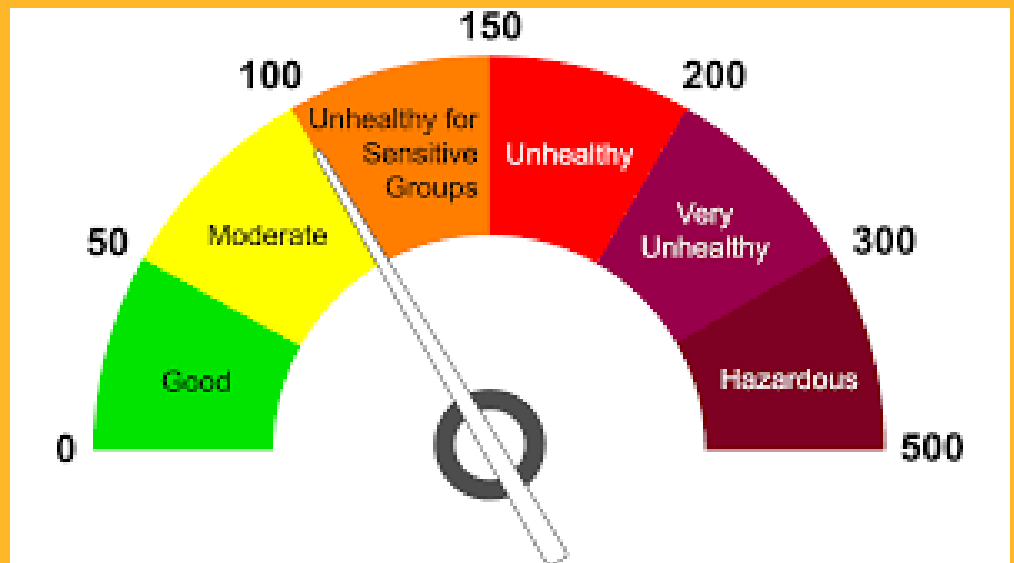


AIR QUALITY

WILDFIRE SMOKE

Wildfires pose serious threats to our local community. The persisting smoke that lingers in our area from neighboring forest fires put vulnerable people even more at risk. This can be an even bigger problem when you pair that with extreme heat. In order to combat the smoke you should be aware of your local air quality and stay in doors if conditions are bad. To find local air quality conditions visit [AirNow.gov](https://www.airnow.gov) or [PurpleAir](https://purpleair.com).

If levels reach 100-150 those that are most vulnerable (elderly, infants, young children, and those with preexisting conditions) should be extremely cautious and try to stay in cool, filtered spaces.



DIY A.C. & FILTRATION

Box fans can be used to create temporary air conditioning and filtration:

For air purification:

What you'll need:



Box fan

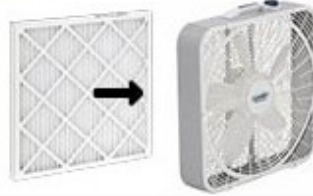


20"x20"x1" furnace filter (MERV 13 or FPR 10)



Optional: Duct tape or bungee cords

- 1** Place filter on back (air intake side) of fan.



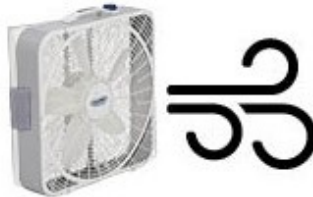
! Make sure that the arrow on the side of the filter is pointing towards the fan.

- 2** Use the duct tape or bungee cords to attach the filter securely to the fan.



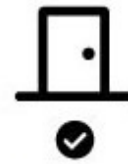
! Use tape or cords only around the edges; do **not** block the air flow through the fan.

- 3** Place in an area away from any obstacles and turn the fan on.



! Run the fan on high for a few hours if your indoor air quality is already poor, then turn it to medium to keep it clean.

- 4** Keep all windows and doors closed to prevent new smoke from getting into your home!



The University of Washington EDGE Center
**Exposures, Diseases,
Genomics & Environment**

DIY A.C. & FILTRATION

For Air Cooling: By simply placing a cool, wet towel or water-saturated pads in front of your fan can help create a cooling effect. additionally you can place an ice water bucket behind your fan to achieve further cooling.



This technique cools air through the evaporation of water so it is important to keep your water-saturated material wet.