The Impacts of Heat on Your Health

According to the National Weather Service, heat is the leading cause of weather-related deaths in the United States, surpassing hurricanes, tornadoes, and floods.

Tools to Prevent Heat Illness

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The National Weather Service Heat Index helps keep you safe by rating the safety of temperatures.

Adverse Effects Of Heat on The Body

- Heat decreases cognition and alertness.
- Heat increases stress on the cardiovascular system.
- It increases oxygen demand in the body.
- Increase the risk of stillbirth and preterm labor.
- It damages the kidneys and liver from dehydration.
- Worsens pre-existing conditions in all organs.
- Heat causes a decrease in food security for grain, dairy, and beef.
- It increases ground-level ozone, which causes respiratory disease.

HOW TO STAY COOL

Avoid excess heat exposure.
Take frequent breaks from strenuous activity.
Plan activities for cooler times of the day.
Stay well hydrated.
Wear light, loose-fitting clothes.
Wear head coverings, like hats with brims.