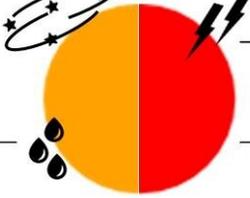


# **Stay hydrated: It's going to be a long, hot July for much of the U.S.**

July 13 2020

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HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy 		Throbbing headache 
Excessive sweating 		No sweating
 Cool, pale, clammy skin		Body temperature above 103°  Red, hot, dry skin
Nausea or vomiting 		Nausea or vomiting
Rapid, weak pulse 		Rapid, strong pulse 
Muscle cramps 		May lose consciousness 
<ul style="list-style-type: none"> <li>Get to a cooler, air conditioned place</li> <li>Drink water if fully conscious</li> <li>Take a cool shower or use cold compresses</li> </ul>		<h1>CALL 9-1-1</h1> <ul style="list-style-type: none"> <li>Take immediate action to cool the person until help arrives</li> </ul>
 <a href="https://www.weather.gov/socialmedia">Weather.gov/socialmedia</a> <a href="https://www.weather.gov/heat">Weather.gov/heat</a>	 	 <a href="https://twitter.com/SacramentoOES">@SacramentoOES</a> <a href="https://www.SacramentoReady.org">SacramentoReady.org</a>

During extremely hot and humid weather, your body's ability to cool itself is

challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses. The Centers for Disease Control and Prevention provides a list of warning signs and symptoms of heat illness, and recommended first aid steps. For downloadable files of this graphic in English and Spanish, including text version of signs and symptoms, please visit [www.weather.gov/safety/heat-illness](http://www.weather.gov/safety/heat-illness). Credit: NOAA National Weather Service

Cue the ice cubes: NOAA forecasters are predicting the current heat wave will continue to engulf parts of the Desert Southwest, the entire Southeast to the East Coast, and the Central and Southern Plains over the next seven days ... and likely longer.

As of July 10, about 70 million people are under an excessive heat watch or warning, or heat advisory—and that number is expected to increase each day through July 17. Hot and [humid conditions](#) are likely to persist with much-above-normal temperatures predicted for much of the country during the last two weeks of July.

Heat waves can be deadly. Heat is one of the [leading weather-related killers](#) in the United States, with hundreds of deaths each year and even more people sickened by heat-related illness.

1. Before stepping out the door, know [the signs and symptoms of heatstroke \(a medical emergency\) versus heat exhaustion](#).
2. Check the [latest weather forecast](#) and [heat indices](#) for the coming days. The [Heat Index](#) is what the temperature feels like to the human body and not necessarily what the thermometer says. It is measured by combining [relative humidity](#) with the air temperature. Note: Because the heat index was created for shady,

lightly windy conditions, being in full sunshine can make it feel up to 15 degrees F higher than the day's forecasted [heat](#) index.

3. [Review these tips on actions to take in during extreme heat events.](#) \*Remember, it is never safe to leave a child, older person or pet in a parked vehicle alone because [the inside of a vehicle can get dangerously—and lethally—hot](#). Please: Always check the backseat.

Provided by NOAA Headquarters

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