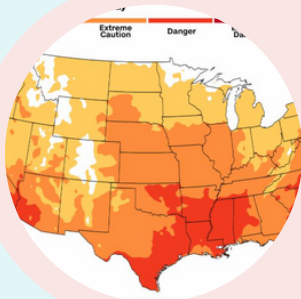


THE HEAT WAVE



In the United States, more than 100 million people are under various, danger-indicated, heat alerts, from parts of the American West, to the North East



There are currently fires raging throughout Europe and record-breaking high temperatures in Great Britain.



This heat & sky-high temperature around the globe harms crop life, impacts power, interferes with infrastructure, exacerbates flood droughts (esp. west) and results in deaths (esp. Europe)

for the dos and donts in the heat, heat wave and heat exhaustion information, climate change, and resources



THE HEAT WAVE & CLIMATE CHANGE

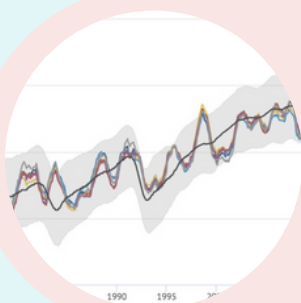


Climate change and global warming have created this hotter precedent for the summer.



Could be other forces worsening heatwaves: "feedback effects, such as the drying out of soil... beyond certain thresholds, this can accelerate warming during heat waves"... also, "so-called heat domes that bake large regions"

(Technology Review)



Heat waves once thought rare are now becoming more common and deadly. "Linked rise in greenhouse gas levels & global average temp has tracked tightly within the spread of model predictions... even from the 1970s"

(Technology Review)

RESOURCES



<https://www.cnn.com/2022/07/23/weather/us-extreme-heat-saturday/index.html>



<https://www.technologyreview.com/2022/07/21/1056291/do-these-heatwaves-mean-climate-change-is-worse-than-we-thought/>



<https://www.bbc.com/news/world-europe-62216159>

DOS AND DONTs HEAT 101

DO shut blinds and curtains

DO wear light, thin clothing

DO make use of fans

DO take shelter

DO stay hydrated

DO monitor vulnerable
family members and
friends

DONT stay outside long

DONT overload your HVAC

DONT take off more clothes
(direct exposure)

DONT close interior doors

DONT Drink Excess Alcohol

DONT ignore
symptoms of heat
stroke

**for more information about
these dos and don'ts, visit -->**



CBS Interactive. (n.d.). How to stay cool and safe during a heat wave, according to experts. CBS News. Retrieved July 23, 2022, from <https://www.cbsnews.com/news/heat-wave-high-temperatures-safety-heat-stroke-exhaustion>.

SYMPTOMS OF HEAT STROKE

Heat stroke occurs when the body is no longer able to regulate its temperature, namely the cooling mechanism (sweating) fails.

A heat stroke typically first begins as heat exhaustion. Heat exhaustion is not as serious as the illness it progresses to. It is important to cool down within 30 minutes of experiencing heat exhaustion to prevent a serious and critical emergency typically. If someone loses consciousness, has a seizure, or experiences shortness of breath and is nonresponsive, call 911.

symptoms of heat exhaustion which could progress to heat stroke: headache, feeling sick, excessively pale, cramps, fast breathing or pulse, temperature above 106F or 38C, thirst, dizziness, nausea or vomiting, muscle fatigue.

Move to a cool place, lie down, drink water and electrolytes, and cool the skin with a sponge spray, fan, or cold packs, especially around the neck. ensure to keep an eye on someone experiencing these symptoms.



<https://www.nhs.uk/conditions/heat-exhaustion-heatstroke/>