



Ready PA Monthly - July 2022

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> • Move to a cooler area • Loosen clothing • Sip cool water • Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> • Move person to a cooler area • Loosen clothing and remove extra layers • Cool with water or ice
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

Feeling Hot, Hot, Hot?

I'm hot, you're hot, he's hot, she's hot!

Before we get to the “Ole, Ole” chorus, let’s talk heat safety.

Excessive heat is often ignored or forgotten about as a weather hazard. Heat is a real threat and can be a challenge for all, especially the oldest and youngest Pennsylvanians. We’re moving into the typical hottest and muggiest months of the year for Pennsylvania.

The [National Weather Service](#) (NWS) issues heat advisories and excessive heat warnings when heat or the combination of heat and humidity is forecast to be impactful to life safety. While the

NWS will alert you to be prepared for potential illness or other problems, you must take the necessary actions to prevent illness.

Follow these basic tips to cool down when temperatures rise.

[READ MORE](#)

Know Your Heat Terms

A heat wave is an extended period of extreme heat and can be accompanied by high humidity. These conditions can be dangerous and even life-threatening for people who don't take the proper precautions.

Know Your Heat Terms:

- **Heat Wave** - A period of abnormally and uncomfortably hot and unusually humid weather. Typically, a heat wave lasts two or more days.
- **Heat Index** - The Heat Index (HI) or the "Apparent Temperature" is an accurate measure of how hot it really feels when the Relative Humidity (RH) is added to the actual air temperature.
- **Heat Cramps** - A condition marked by sudden development of cramps in skeletal muscles. It results from prolonged work or exercise in high temperatures accompanied by profuse perspiration with loss of sodium chloride from the body
- **Heat Exhaustion** - A mild form of heat stroke, characterized by faintness, dizziness, and heavy sweating.
- **Heat Stroke** - A life-threatening condition marked especially by cessation of sweating, extremely high body temperature, and collapse that results from prolonged exposure to high temperature - Sun Stroke is another term for heat stroke.
- **Excessive Heat Watch** - Issued by the National Weather Service when heat indices exceeding 105°F (41°C) during the day combined with nighttime low temperatures of 80°F (27°C) or higher are forecast to occur for two consecutive days.
- **Excessive Heat Warning** - Issued within 12 hours of the onset of the following criteria: heat index of at least 105°F for more than three hours per day for two consecutive days, or heat index more than 115°F for any period of time.
- **Heat Advisory** - Issued within 12 hours of the onset of the following conditions: heat index of at least 105°F but less than 115°F for less than three hours per day, or nighttime lows above 80°F for two consecutive days.



How to Keep Your Pet Safe During Heat

With the summer months comes warm weather. Properly caring for and protecting your pet can provide a happy and healthy summer season for you and your pet. Did you know animals can suffer heat exhaustion and heat stroke just like us? Common sense is the best method to protect your pets.

- If you are hot, then your pet is too.
- If you are thirsty, then your pet is too.
- Avoid activities that can overheat your pet.
- Avoid too much time in the sun and plan ahead for any activities that involve your pets.



Know the symptoms of overheating in pets, including excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, stupor or even collapse. Symptoms can also include seizures, bloody diarrhea and vomit, along with an elevated body temperature of over 104 degrees.

To read more about pet heat safety and tips, visit [here](#).

Who Answers the Call When You Call 9-1-1?

Every day, thousands of Pennsylvanians call or send text messages to 911 asking for help. The first person in a chain of responders is the 911 telecommunicator – a highly trained individual responsible for gathering information about your emergency and relaying that information to the appropriate police, fire, or EMS agency.

In Pennsylvania, we have approximately 2,500 telecommunicators who process nearly 14.5 million requests for emergency assistance each year among our 67 counties.

At its core, 911 is essentially a profession centered on providing customer service. Some of the qualities that make a good 911 telecommunicator include:

- The ability to multitask
- The ability to type quickly
- Excellent listening skills
- The ability to speak confidently and give direction
- The ability to handle stressful situations
- A desire to thrive in a fast-paced environment
- The ability to think and act quickly
- An inherent willingness to help others

If you have any of these skills, you should consider a career in 911 emergency communications! Visit [here](#) for more information.



[JULY TIP SHEET: HEAT EXHAUSTION OR HEAT STROKE](#)

[JULY SOCIAL MEDIA TOOLKIT](#)

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