+ Severe Weather Readiness

## ARE YOU PREPARED FOR EXTERNAL FOR EXTE

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat, your body works extra hard to maintain a normal temperature – a level of stress that can lead to death.



## **QUICK FACTS**

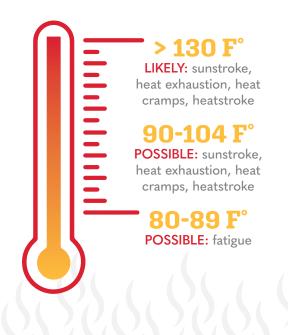
Extreme heat often results in the highest annual number of deaths among all weather-related disasters.

- CAN HAPPEN ANYWHERE
- HUMIDITY INCREASES
   THE FEELING OF HEAT AS
   MEASURED BY A HEAT INDEX

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## REMEMBER

- EXTREME HEAT CAN OCCUR QUICKLY AND WITHOUT WARNING.
- OLDER ADULTS, CHILDREN AND SICK OR OVERWEIGHT INDIVIDUALS ARE AT GREATER RISK FROM EXTREME HEAT.
- FIND AIR CONDITIONING, IF POSSIBLE.
- AVOID STRENUOUS ACTIVITIES.
- WEAR LIGHT CLOTHING.
- DRINK PLENTY OF FLUIDS.
- WATCH FOR HEAT CRAMPS, HEAT EXHAUSTION AND HEAT STROKE.
- NEVER LEAVE PEOPLE OR PETS IN A CLOSED CAR.





**Emergency Management** 

Office of Emergency Management 540-831-6696

University Police Department 540-831-5500

Environmental Health & Safety 540-831-7790 Student Health Services 540-831-5111

General Information 540-831-5000

Radford City Police – Non-Emergency 540-731-362