



CRC Public Service Campaign | Heat Safety & Awareness

Week 1 | Theme: Introduction to Heat & Heat Safety


TWITTER

July 31st is National Heatstroke Prevention Day! Learn to recognize the symptoms of heat-related illness here <http://bit.ly/2utghnd>

(Image 1.1)

Heat can be dangerous! Look out for yourself and the people around you. Practice #HeatSafety and go to the following links to learn more heat safety strategies. 1) Preventing Heat-Related Illness (<http://bit.ly/2Js5C0O>) & 2) Prepare During Heat Events <http://bit.ly/2NXs2KU>

(Image 1.2)





Climate change has  both avg temperatures & the frequency/intensity of heat waves in the Capital Region. Heat waves are 5+ days in a row when the daytime high is at or above 100°. On these days, avoid outdoor physical activities & run errands early in the morning if possible!

(Image 1.4) OR (Image 1.5)

FACEBOOK

During this time of year, heat is one of the leading causes of weather-related health safety concerns. The good news is that these are preventable! Look out for others, and during periods of high temperatures remember to practice heat safety and check in on friends and family. To learn more about heat safety strategies review the following links: (1) Tips for Preventing Heat-Related Illness (<http://bit.ly/2Js5C0O>) & (2) Strategies to Prepare During Heat Events (<http://bit.ly/2NXs2KU>). #HeatSafety!

(Image 1.2)

Did you know...Scientists predict Sacramento could be as hot as Phoenix in half a century? Try to do what you can to reduce your carbon footprint: buy local, plant shade , wash clothes in cold water , and bike/walk whenever possible (while social distancing)   ! Learn more: <https://go.nasa.gov/30uir4c>

(Image 1.3)

It's not your imagination—summers are getting hotter 🔥! Extraordinarily hot summers – the kind that were virtually unheard-of in the 1950s – have become common. These hotter temperatures are resulting in more frequent and intense heat waves in the Capital Region. Remember to drink lots of fluids and avoid activity in the hottest hours of the day; if possible, hang out in air conditioned and shaded buildings.

(Image 1.4) OR (Image 1.5)

Image 1.1

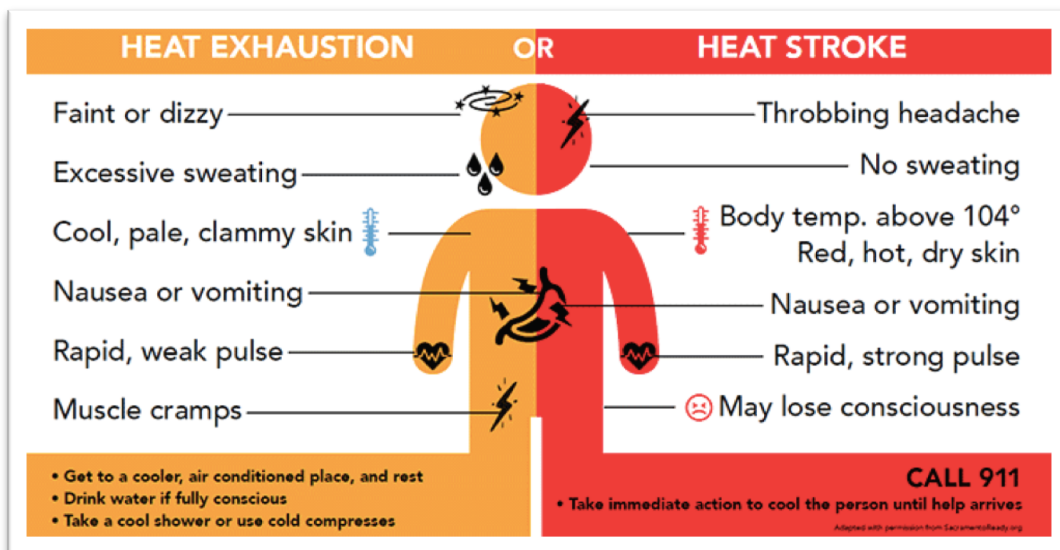


Image 1.2

BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:

Children
More males than females are affected
Older adults
Outside workers
People with disabilities

WHERE:

Houses with little to no AC
Construction workites
Cars

HOW to AVOID:

Stay hydrated with water, avoid sugary beverages
Stay cool in an air conditioned area
Wear lightweight, light-colored, loose-fitting clothes

Image 1.3

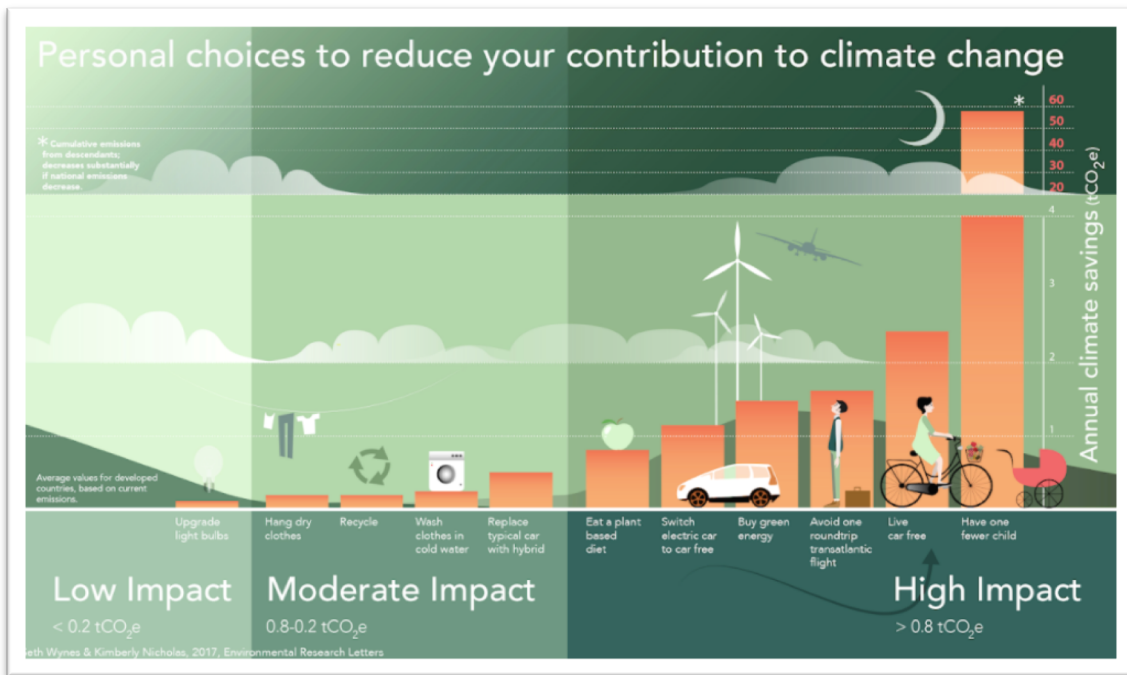


Image 1.4

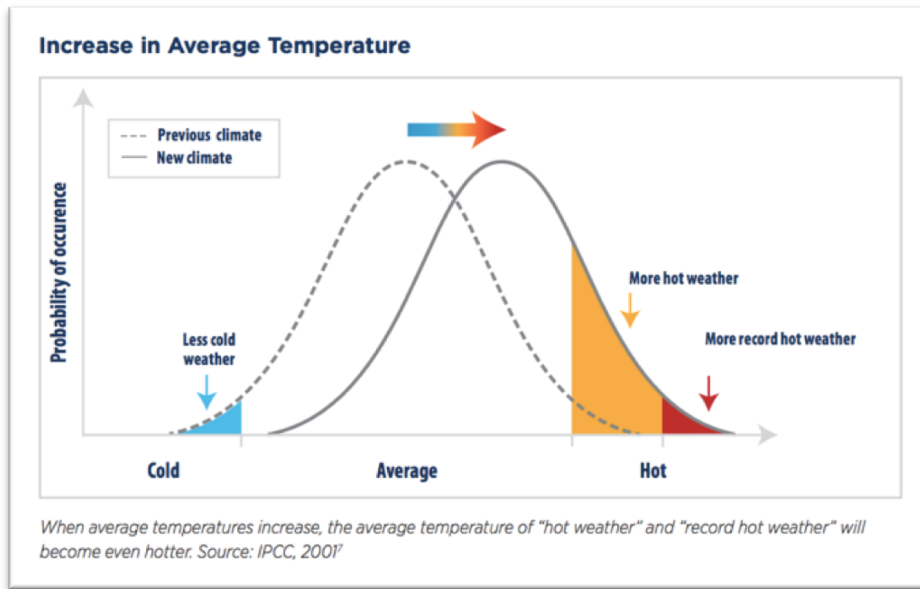


Image 1.5

