



CRC Public Service Campaign | Heat Safety & Awareness

Week 3 | Vulnerable Communities

TWITTER

As we learn to adapt to our changing climate, we must encourage policymakers to consider vulnerable groups such as children, low income and homeless people, and seniors, when designing resilient communities for the future! When we support each other, we support the earth 🌍🌍🌍🌍🌍🌍🌍

(Image 3.1)

Vulnerable populations such as immigrants, refugees & homeless folk are oftentimes excluded from the safety of air-conditioned public spaces during times of heat. It's even more challenging with COVID-19 closing indoor spaces and a lack of cooling centers in the region ❄️🏠

(Image 3.2)

Did you know during #pregnancy, most women have higher body temperatures, making them more sensitive to heat in hot weather? 🤔👶 For this reason, pregnant women need to take extra steps to make sure they and their unborn babies do not overheat. Learn more bit.ly/2HotEe4

(Image 3.3)

FACEBOOK

A study published this year by the National Bureau of Economic Research Rising shows the death toll from rising temperatures is rising and coming close to eclipsing the current number of deaths from all infectious diseases combined. These extreme temperatures will cause particular devastation in poorer, hotter parts of the world that will struggle to adapt to unbearable conditions. The study also modeled scenarios and found that if worldwide emissions are cut drastically, the number of temperature-related deaths and the economic impact of rising temperatures can be reduced. Read more here: <https://www.theguardian.com/us-news/2020/aug/04/rising-global-temperatures-death-toll-infectious-diseases-study>

(Image 3.4)

Did you know during #pregnancy, most women have higher body temperatures, making them more sensitive to heat in hot weather? 🤔👶 For this reason, pregnant women need to take extra steps to make sure they and their unborn babies do not overheat.

Additionally, Babies and young children are very sensitive to hot weather, so it is important to watch them closely and stop them from getting dehydrated or too hot🥵🔥. If you think your child is unwell due to hot weather, seek medical attention immediately. Learn more <http://bit.ly/2w43CHB>

(Image 3.3)

Image 3.1



Image 3.2

HEAT EXHAUSTION

- Heavy sweating
- Weakness
- Skin cold pale and clammy
- Weak pulse
- Fainting
- Vomiting

WATCH FOR THE SIGNS

Seek medical care *immediately* if you or someone you know experiences symptoms of heat sickness. Warning signs and symptoms vary but may include:

- High body temperature (103°F or higher)
- Hot, dry skin
- Rapid and strong pulse
- Possible unconsciousness

HEAT STROKE

IT'S HOT OUTSIDE

Extremely hot weather can cause sickness or even death.

STAY COOL. Spend time in air-conditioned buildings and avoid direct contact with the sun.

STAY HYDRATED. Drink plenty of water and don't wait until you're thirsty to drink more.

STAY INFORMED. Check the local news for health and safety updates.

KNOW WHEN IT'S HOT!
Sign up to receive free weather alerts to your phone or e-mail at www.weather.com

Public Health
Seattle & King County 
www.kingcounty.gov/health

IT'S HOT OUTSIDE

**STAY COOL.
STAY HYDRATED.
STAY INFORMED.**

Image 3.3

PREGNANCY & HEATSTROKE

How High Temperatures Can Affect Pregnancy

Image 3.4

