



A heat wave is an extended period of extreme heat, often with high humidity. These conditions can be dangerous and even life-threatening without proper precautions.

STAY SAFE IN THE HEAT

- Prepare for a heat wave by checking to see if your home's cooling system is working properly.
- Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the cool air inside.
- Plan on being inside a cool building during the hottest time of the day.
- Avoid strenuous outdoor activities.
- Make sure you stay hydrated by drinking plenty of water and limiting alcoholic drinks.
- Dress in light, loose-fitting clothing.
- Never leave children or pets alone in a closed vehicle for any amount of time

See more [extreme heat safety tips](#) from the Virginia Department of Health.



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.



Children

WHO:

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction work sites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear light-weight, light colored, loose fitting clothes