

# CAUTION: Schuyler County is currently Experiencing High Temperatures & High Humidity

## What does this mean?

Hot temperatures and high humidity may cause heat illnesses to occur.

## What are heat illnesses?

During hot and humid weather, your body's ability to cool itself is challenged in ways you may not expect. When your body heats too rapidly, or when too much fluid or salt is lost through dehydration or sweating, you may experience a heat-related illness.

## What should I do if I am feeling ill from the heat?

### Heat Exhaustion

**ACT FAST**

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

*Dizziness*

*Thirst*

*Heavy Sweating*

*Nausea*

*Weakness*

*Heat exhaustion can lead to heat stroke.*

### Heat Stroke

**ACT FAST**

**CALL 911**

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Confusion*

*Dizziness*

*Becomes Unconscious*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*

Stay Cool, Stay Hydrated, Stay Informed!

## Who is most vulnerable to Heat Illnesses?

Anyone is vulnerable, but there are those in our community who have a greater risk:

- Pregnant Individuals
- Newborns\*
- Children\*
- Senior Citizens
- Individuals with Chronic Illness
- Pets\*\*

\* DO NOT not allow children or pets to remain in parked cars, even if the is AC on. Pets can die from heatstroke within 15 minutes.

\*\*if you must walk your pets, try to do so early in the day and late in the evening. Make sure your pets have access to plenty of water and fans or AC.

## What can I do to avoid Heat Illnesses?

Whenever possible stay indoors, stay cool, and remain hydrated!

## Why is it so hot?

Soybean Field in Texas - Bob Nichols- USDA

Climate change is driving more extreme temperatures everywhere, including here in Schuyler County. “As the climate has warmed, ...extreme weather has become more frequent and severe...with increases in extreme heat, intense precipitation, and drought. Heat waves are longer and hotter. Heavy rains and flooding are more frequent.” (ClimateCommunication.org).

## What can I do?

Climate change is already here, but there are many things you can do to help address it!

- **Become informed** about the causes and effects of climate change. Heat waves are just one.
- **Talk to your family, friends, and neighbors** about how climate change is affecting your community.
- **Get involved!** There are many organizations working to address climate change, including Cornell Cooperative Extension.
- **Take action.** We need everyone involved to help cool the planet, whether it is through personal choices, community action, or applying political pressure.

There are many other sources of information on what you can do to address climate change. Here is just one: <https://climatecommunication.org/change/what-you-can-do/>