



Public Health
Prevent. Promote. Protect.

Butler County
General Health District

Extreme Heat Resource Guide

For Schools, Daycares, Early Childhood Education Centers, and Before/After School Programs

According to the Centers for Disease Control and Prevention (CDC) extreme heat is defined as summertime temperatures that are much hotter and/or humid than average. Humid and muggy conditions can make it seem hotter than it really is. Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself.

CDC's Frequently Asked Questions page on Extreme Heat can be reached here:
<https://www.cdc.gov/disasters/extremeheat/faq.html>

The following are a set of recommendations that may help prevent heat-related illnesses in students and staff:

General recommendations:

- Individuals should drink plenty of fluid, replace salts and minerals as needed (electrolyte/sport drinks), wear appropriate clothing and sunscreen, stay cool indoors, schedule outdoor activities carefully, use a buddy system to monitor signs of heat illness, and keep a close eye on those at risk.
- Keep students and staff in air conditioned spaces as much as possible. Classes in non-air-conditioned rooms can be merged with other classes in air-conditioned buildings or move to other spaces such as media centers, cafeterias or auditoriums
- Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat related illness.

Schedule Modifications:

- Rearrange daily schedules so that recess activities and physical education are allowed in the coolest parts of the day
- Adapt physical education activities at all grade levels so that they are limited to less strenuous activities. Ensure there is adequate shade and have students take frequent water breaks (i.e. every ten minutes).
- Consider special accommodations for those at greatest risk for heat-related illness
 - infants and children up to four years of age,
 - people 65 years of age and older,
 - people who are overweight,
 - people who are ill or on certain medications (See the CDC FAQ for specifics)

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Extracurricular Activities/Outdoor Activities

- Consider canceling all strenuous outdoor activities or reschedule for a more appropriate time of day. (See the resources section for specific guidance on athletics)
- If there are multiple sets of uniforms for games/practices consider working with the other team to allow both teams to wear their light colored uniforms.
- Allow students and staff to take frequent breaks and ensure cool water and shade is on hand.

Clothing

- Individuals should dress in lightweight clothing that is in keeping with their school dress code and make sure they have a hat available if going outdoors

Food and Water

- Encourage students to bring containers of water to school during hot weather
- Encourage students to take extra water fountain breaks throughout the day
- If you do not allow students to bring in water bottles, then consider handing out water bottles throughout the day
- Amend school cafeteria/food service to only provide food that is not hot and/or heavy

Know the Signs and Symptoms of Heat-Related Illnesses

- Learn the signs and symptoms of heat-related illnesses and how to treat them. A handout from the CDC has been provided within this packet and is also available here: [Warning Signs and Symptoms of Heat-Related Illness | Natural Disasters and Severe Weather | CDC](#)

Facility Closures

- There are no specific recommendations for when to close a facility during excessive heat. This decision is made at the district or facility level. In the past, some schools and programs in Ohio have chosen to shorten their days to limit exposure to extreme heat.

General Resources

- [Heat Stress \(CDC National Institute for Occupational Safety and Health\)](#)
- [Extreme Heat \(CDC\)](#)
- [Protecting Disproportionately Affected Populations from Extreme Heat](#)
- [Managing Extreme Heat Recommendations for Schools: Pilot Version \(PDF; Arizona Department of Health Services\)](#)
- [HeatReady Schools \(Healthy Urban Environments Initiative – Arizona State University\)](#)
- [OSHA Quick Card: Protecting Works from Heat Stress](#)

School Specific Resources – Athletics:

- [Ohio High School Athletic Association Heat Illness Information and Resources](#)
- [National Athletic Trainers' Association Position Statement: Exertional Heat Illnesses \(Casa, et al., 2015\)](#)
- [Heat-Related Illness in Sports and Exercise \(Nichols, 2014\)](#)
- [Regional heat safety thresholds for athletics in the contiguous United States \(PDF; Grundstein et al., 2015\)](#)
- [NFHS Heat Acclimatization and Heat Illness Prevention Position Statement \(PDF\)](#)
- [NFHS online "Heat Illness Prevention" course \[free\]](#)
- [Preseason Heat-Acclimatization Guidelines for Secondary School Athletics \(Casa and Csillan, 2009\)](#)
- [Heat and Hydration \(PDF; USA Football and University of Connecticut – Korey Stringer Institute\)](#)
- [Preventing and Treating Heat Illness in Young Athletes \(Children's Hospital of Colorado\)](#)
- [Model Policy for Managing Heat and Humidity \(PDF; Michigan High School Athletic Association / MHSAA\)](#)

National Weather Service Resources:

- [National Weather Service Heat Safety Tips and Resources](#)
- [National Weather Service - Heat Illnesses](#)
- [National Integrated Heat Health Information System \(heat.gov\)](#)



BUTLER COUNTY, OHIO

EMERGENCY MANAGEMENT AGENCY

315 HIGH STREET, SUITE 670
HAMILTON, OHIO 45011
PHONE: 513.785.5810

EMAIL: BCEMA@BUTLERCOUNTYOHIO.ORG

Butler County Cooling Center Locations

August 21, 2023

In anticipation of high heat indices throughout the rest of the week, the following locations have been designated as Cooling Centers in Butler County:

<p>MidPointe Library Liberty 7100 Foundry Row, Suite S-234 Liberty Township, OH 45069 Monday – Saturday: 10:00 AM – 7:00 PM</p>	<p>MidPointe Library Middletown 125 South Broad Street Middletown, OH 45044 Monday – Thursday: 10:00 AM – 8:00 PM Friday & Saturday: 10:00 AM – 5:00 PM</p>
<p>MidPointe Library Monroe 1 Tennessee Ave Monroe, OH 45050 Monday – Thursday: 10:00 AM – 7:00 PM Friday & Saturday: 10:00 AM – 5:00 PM</p>	<p>MidPointe Library Trenton 200 Edgewood Drive Trenton, OH 45067 Monday – Thursday: 10:00 AM – 7:00 PM Friday & Saturday: 10:00 AM – 5:00 PM</p>
<p>MidPointe Library West Chester 9363 Centre Pointe Drive West Chester, OH 45069 Monday – Thursday: 10:00 AM – 8:00 PM Friday & Saturday: 10:00 AM – 5:00 PM</p>	<p>Hamilton Lane Library 300 North Third Street Hamilton, OH 45011 Monday – Thursday: 9:00 AM – 8:00 PM Friday & Saturday: 9:00 AM – 6:00 PM Sunday: 1:00 PM – 5:00 PM</p>
<p>Fairfield Lane Library 1485 Corydale Drive Fairfield, OH 45014 Monday – Thursday: 9:00 AM – 8:00 PM Friday & Saturday: 9:00 AM – 6:00 PM Sunday: 1:00 PM – 5:00 PM</p>	<p>Oxford Lane Library 441 S. Locust Street Oxford, OH 45056 Monday – Thursday: 9:00 AM – 8:00 PM Friday & Saturday: 9:00 AM – 6:00 PM Sunday: 1:00 PM – 5:00 PM</p>
<p>Lane Community Technology Center 228 Court Street Hamilton, OH 45011 Monday-Thursday: 10:00 AM – 6:00 PM Friday & Saturday: 10:00 AM – 2:00 PM</p>	<p>New Life Baptist Mission 415 Henry Street Hamilton, OH 45013 Monday – Thursday: 8:00 AM – 5:00 PM</p>

Please contact the Butler County Emergency Management Agency or any of the agencies listed with any questions or concerns.

Butler County Emergency Management Information Hotline – (513) 785-5800.



[@ButlerCOEMA](https://www.facebook.com/ButlerCOEMA)



www.butlercountyohio.org/ema/



[@butlercountyema](https://twitter.com/butlercountyema)

BE PREPARED FOR EXTREME HEAT

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



FEMA

FEMA V-1004/June 2018

In most of the U.S., extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases the feeling of heat as measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets in a closed car.

HOW TO STAY SAFE

WHEN EXTREME HEAT THREATENS

Prepare NOW

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.

Learn to recognize the signs of heat illness. For more information visit: www.cdc.gov/disasters/extremeheat/warning.html.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **extreme heat**. Download the **FEMA app** to get more information about preparing for **extreme heat**.

Be Safe DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning.

Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

If you're outside, find shade. Wear a hat wide enough to protect your face.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.

Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.

Recognize +RESPOND

Know the signs and ways to treat heat-related illness.

Heat Cramps

- **Signs:** Muscle pains or spasms in the stomach, arms, or legs.
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- **Signs:** Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.



FEMA

FEMA V-1004
Catalog No. 17233-5

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



ENFERMEDADES RELACIONADAS CON EL CALOR

EN QUÉ SE DEBE FIJAR

QUÉ HACER

GOLPE DE CALOR

- Alta temperatura corporal (103 °F o más)
- Piel caliente, enrojecida, seca o húmeda
- Pulso acelerado y fuerte
- Dolor de cabeza
- Mareos
- Náuseas
- Confusión
- Pérdida del conocimiento (desmayos)

- Llame al 911 de inmediato, el golpe de calor es una emergencia médica
- Lleve a la persona a un sitio más fresco.
- Ayude a bajar la temperatura de la persona con paños fríos o dándole un baño con agua fría.
- No le dé a la persona nada para beber

AGOTAMIENTO POR CALOR

- Sudor abundante
- Piel fría, pálida, húmeda y pegajosa
- Pulso rápido y débil
- Náuseas o vómitos
- Calambres musculares
- Cansancio o debilidad
- Mareos
- Dolor de cabeza
- Desmayos

- Vaya a un sitio fresco
- Aflójese la ropa
- Aplíquese paños húmedos en el cuerpo o dese un baño con agua fría
- Tome sorbos de agua

Busque atención médica de inmediato si:

- Tiene vómitos
- Sus síntomas empeoran
- Sus síntomas duran más de 1 hora

CALAMBRES POR CALOR

- Sudor abundante durante ejercicios físicos intensos
- Dolor o espasmos musculares

- Suspnda todo tipo de actividad física y vaya a un lugar fresco.
- Beba agua o una bebida deportiva
- Espere que los calambres desaparezcan antes de realizar más actividades físicas

Busque atención médica de inmediato si:

- Los calambres duran más de 1 hora
- Usted sigue una dieta baja en sodio
- Usted tiene problemas cardiacos

QUEMADURAS SOLARES

- Piel dolorida, enrojecida y tibia
- Ampollas en la piel

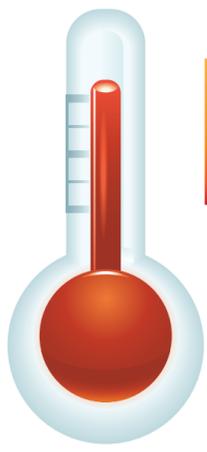
- Evite el sol hasta que se le cure la quemadura
- Aplíquese paños fríos en las áreas quemadas por el sol o dese un baño con agua fría
- Aplique loción humectante a las áreas quemadas
- No rompa las ampollas

SARPULLIDO POR CALOR

- Grupos de pequeñas ampollas rojas que parecen granitos en la piel (generalmente en el cuello, el pecho, la ingle o en los pliegues de los codos)

- Quédese en un lugar fresco y seco
- Mantenga el sarpullido seco
- Use talco (como talco para bebés) para calmar el sarpullido





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



Older adults

More males than females are affected



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



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



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

During 1999–2009, an average of **658** people died each year from heat in the United States.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/disasters/extremeheat>



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response



GÁNELE AL CALOR:

Calor extremo

Las muertes relacionadas con el calor se pueden prevenir.

QUÉ:

El calor extremo o las olas de calor ocurren cuando la temperatura alcanza niveles extremadamente altos o cuando hay una combinación de calor y humedad excesivos.

QUIÉN:



Niños

Afecta más a los hombres que a las mujeres



Personas mayores



Trabajadores al aire libre



Personas con discapacidades

DÓNDE:



Casas con poco o sin aire acondicionado



Obras de construcción



Autos

CÓMO EVITARLO:



Manténgase hidratado con agua, evite las bebidas azucaradas



Manténgase fresco en un área con aire acondicionado



Use ropa liviana, holgada y de color claro



Durante condiciones de calor extremo, ¡la temperatura de su auto podría ser mortal!

Temperatura externa de 80 °F



En el interior 109 °F
Tiempo transcurrido: 20 minutos



En el interior 118 °F
Tiempo transcurrido: 40 minutos



En el interior 123 °F
Tiempo transcurrido: 60 minutos

ALERTAS DE CALOR: sepa la diferencia.

PRONÓSTICO DE CALOR

VIGILANCIA DE CALOR

AVISO O ADVERTENCIA DE CALOR

menor

mayor

Calor excesivo en 3 a 7 días

Calor excesivo en 12 a 48 horas

Calor excesivo durante las próximas 36 horas

¿SABÍA QUE...?

Las personas que viven en **áreas urbanas** podrían tener mayor riesgo de sentir los efectos de una ola de calor prolongada que las que viven en áreas rurales.

Las quemaduras solares pueden reducir significativamente la capacidad de la piel de liberar el exceso de calor.

La mayoría de las enfermedades relacionadas con el calor ocurren por **sobreexposición** al calor o por hacer demasiado ejercicio.

En promedio, más de **700** personas mueren cada año a causa del calor en los Estados Unidos.

\$30 000 MILLONES

es el costo total estimado

de la sequía y ola de calor en los EE. UU. en el 2012.

Para obtener más información sobre formas de combatir el calor, visite:

<https://www.cdc.gov/es/disasters/extremeheat/index.html>

Texto accesible: https://www.cdc.gov/cpr/infographics/beattheheat_esp.htm



Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

AVOID • SPOT • TREAT

HEAT STROKE & HEAT EXHAUSTION

In hot temperatures your body may be unable to properly cool itself, leading to serious health problems.

AVOID

When the temperature is very high stay indoors. If you must go outside, **dress properly** and **take breaks** often. Know who is at **high risk** for heat stroke and **heat exhaustion**.

Tips to Beat the Heat



Drink plenty of water!



Check on friends and neighbors at high risk for heat-related illness

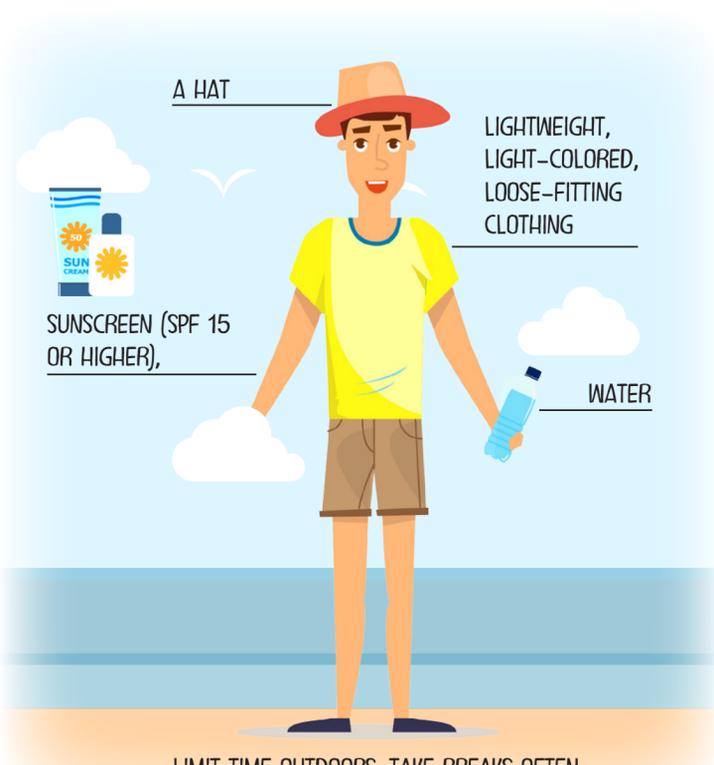


Find air-conditioned places to cool off (shopping malls and libraries)



NEVER leave kids or pets in a closed, parked vehicle

If you go outside, remember:



Know who is at high risk:



Infants



Young children



Older adults



People with chronic medical conditions

SPOT

Know the signs of heat stroke and heat exhaustion.

Heat Stroke

Heat Exhaustion



Signs & Symptoms

- Very high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Upset stomach
- Confusion
- Passing out

Signs & Symptoms

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Upset stomach or vomiting
- Fainting



If you see any of these signs, get medical help immediately.

TREAT

While waiting for medical attention, you can help someone with heat stroke or heat exhaustion.

Heat Stroke



Move the victim to a shady area or indoors. Do not give the person fluids. Cool the body by:

- Placing person in a cool (not cold) bath or shower
- Spraying with a garden hose
- Sponging with cool water
- Fanning

Continue efforts to cool the person until help arrives or his or her body temperature falls below 102°F and stays there.

Heat Exhaustion

Get medical attention if symptoms get worse or last longer than one hour. Cool the body with:



- Cool, nonalcoholic beverages
- Rest
- A cool (not cold) bath, shower, or sponge bath
- Moving to an air-conditioned room
- Wearing lightweight clothing



immediately if symptoms are severe or if victim has heat problems or high blood pressure