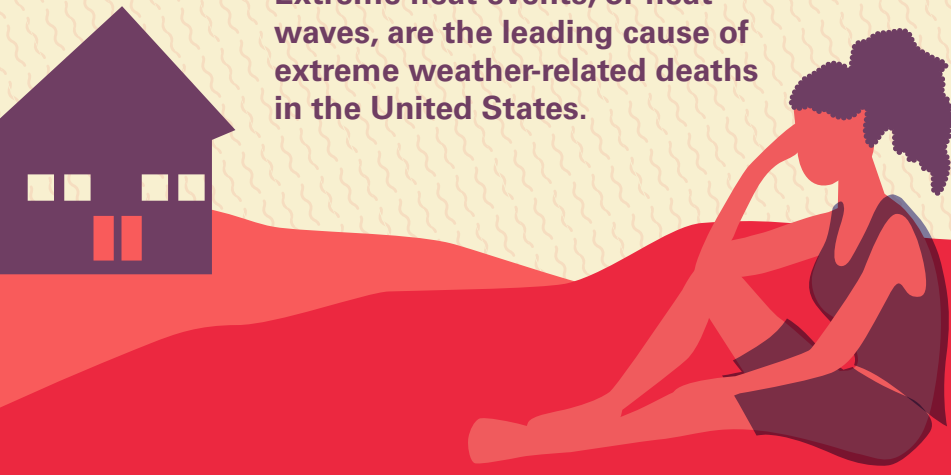


Extreme heat events, or heat waves, are the leading cause of extreme weather-related deaths in the United States.



AT-RISK POPULATIONS

- ☀️ Infants and young children
- ☀️ Low-income residents
- ☀️ Anyone with chronic, long-term medical conditions
- ☀️ Elderly
- ☀️ Disabled
- ☀️ Overweight/obese
- ☀️ Outdoor workers
- ☀️ Pregnant women
- ☀️ Those who use certain medications/illegal drugs
- ☀️ Athletes
- ☀️ Socially isolated



EXTREME HEAT



In recent years, there have been higher-than-average temperatures, warmer summers, and more extreme-heat days. These changing conditions can cause more illnesses and deaths, especially for people who have cardiac or breathing problems. During an extreme-heat event, nighttime temperatures may be too warm to allow the body to cool down. It is important to be aware of both the temperature and the heat index. The heat index combines heat and humidity to measure how hot it feels to your body.

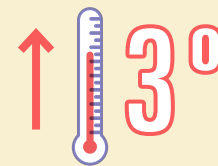
DATA AND PROJECTIONS

☀️ **CURRENT:**
90° FOR 10 DAYS

During an average Rhode Island summer, the heat index reaches 90°F for 10 days.

☀️ **PROJECTED:**
ABOVE 90° FOR 13-44 DAYS

Between 2020-2099, Rhode Island may experience 13-44 more days each summer that are above 90°F.



Rhode Island's average temperature has increased by more than 3°F in the past century.



Many Rhode Islanders do not have air conditioning, including at-risk groups.

WHAT YOU CAN DO



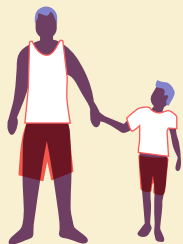
STAY UPDATED

Check local news for extreme heat alerts and safety tips. Check on friends, family, and neighbors.



STAY HYDRATED

Drink plenty of fluids. (Avoid alcohol and caffeine.)



DRESS LIGHTLY

Wear light-colored, light-weight clothing. Use hats with brims and sunscreen with an SPF of 30 or higher.



SEEK SHADE

Stay out of the direct sun. Seek shady or air-conditioned areas such as libraries or malls.



SCHEDULE

Schedule outdoor events early in the morning when it's cooler.



PACE YOURSELF

Pace yourself when you exercise.

WHAT YOU CAN DO



VEHICLE DANGER

Never leave a child, a disabled or elderly person, or a pet in an unattended car. A closed vehicle can heat up to dangerous levels in only 10 minutes.



CONSERVE ENERGY

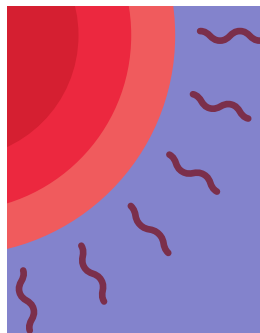
Use solar energy to power air conditioning units. Incorporate shade trees into landscaping and use energy efficiency measures at home. Conserving energy can help decrease temperatures and the impacts of climate change.



CHECK RHODE ISLAND EMERGENCY MANAGEMENT AGENCY WEBSITE

(riema.ri.gov), social media, and media reports for updates of cooling center locations.

HEAT-RELATED ILLNESSES



HEAT SPASM

Muscle cramps that occur during or after exercise or work in a hot environment.

HEAT EXHAUSTION

The body's response (thirst, cool and moist skin, weak/fast pulse, shallow/fast breathing) to an excessive loss of water and salt, usually through excessive sweating.

HEAT STROKE

A life-threatening condition characterized by high body temperature, rapid pulse, difficulty breathing, and confusion.