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**EXTREME HEAT**

**Toolkit for Local Health Departments**

**June 2024**

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# Understanding Extreme Heat Risks

Extreme heat events pose significant public health risks, particularly as climate change contributes to more frequent, intense, and prolonged heatwaves. These conditions can lead to serious health issues such as heat exhaustion, heatstroke, and exacerbation of chronic medical conditions, with vulnerable populations being especially at risk. Effective risk communication is essential to mitigate these dangers, ensuring that communities are informed, prepared, and able to take protective actions.

Extreme heat is defined as prolonged periods of high temperatures, often accompanied by high humidity, which can overwhelm the body’s ability to cool itself. This can result in a range of heat-related illnesses, from mild symptoms like rashes and cramps to severe conditions such as heat exhaustion and heatstroke, which can be fatal if not treated promptly. Vulnerable groups, including the elderly, children, individuals with pre-existing health conditions, and those in low-income areas or without access to cooling, are particularly susceptible to the adverse effects of extreme heat

Risk communication involves delivering timely, clear, and actionable information to the public about potential hazards and safety measures. For extreme heat, effective communication can significantly reduce health impacts by promoting awareness and encouraging preventive actions. This includes providing information on recognizing heat-related symptoms, advising on ways to stay cool, hydrated, and safe, and alerting communities to the availability of cooling centers and other resources.

Key Components of Effective Heat Risk Communications

1. Targeted Messaging: Develop messages tailored to different audiences, especially vulnerable populations. This ensures that the information is relevant and accessible to those at highest risk.
2. Multi-Channel Dissemination: Utilize various communication channels such as social media, local news, community bulletin boards, and direct outreach to maximize reach and engagement.
3. Clear and Concise Information: Ensure that messages are easy to understand, avoiding technical jargon, and providing straightforward advice on actions to take before, during, and after extreme heat events.
4. Timely Updates: Provide regular updates as heat conditions change, ensuring that the public receives the most current information to make informed decisions.
5. Community Engagement: Engage with community leaders and organizations to help spread the message and support local outreach efforts.

# Resources and Tools

The Department of Public Health (DPH) is offering a comprehensive media communication toolkit designed to aid local health departments (LHDs) in their outreach efforts. This toolkit includes:

1. Template Press Release for community education on heat safety.
2. Template social media messages and graphics for hot weather warnings and resource sharing.
3. Guidance on addressing At-Risk and Vulnerable Populations during heat events.
4. Additional heat tracking resources and guidance are available at Heat.gov and CDC webpages. For example, LHDs can use this dashboard from the CDC (<https://ephtracking.cdc.gov/Applications/heatTracker/>) to explore their community’s heat exposure, related health outcomes, and assets that can protect people during heat events.

Using these resources will help ensure that communities are well-informed and protected during extreme heat events. Health officials should familiarize themselves with these tools and integrate them into their communication plans to effectively manage the health risks associated with extreme heat.

INSERT LHD LOGO TEMPLATE PRESS RELEASE

## Extreme Heat Advisory

With temperatures anticipated to rise close to or into the low 90s this week, (Name of LHD) remindg individuals who will be spending time outside or in non-air-conditioned spaces to be cautious during periods of intense heat during the day.

The current forecast indicates that temperatures over this period will rise close to (Enter Extreme Heat Forecast). Governor Ned Lamont announced that he is directing Connecticut’s extreme hot weather protocol to be activated effective Date of Effective Activation

“Insert quote on heat preparedness, suggestions for residents” by Director of Health.

Ex) While Labor Day signals the unofficial end of summer, that doesn’t mean that we won’t continue to see high temperatures that will feel very hot and humid,” said (Director of Health).

“During this heat wave, residents should stay hydrated, take frequent breaks in cooler air-conditioned/shaded areas, and limit the time spent in direct sun. Additionally, more physical tasks should take place in the morning or evening, when the sun is less intense, and temperatures are cooler.”

Any person who is experiencing heat stress should call for medical assistance immediately. Although anyone can be affected by heat-stress, those working outside are at a particularly high risk including:

Older individuals (over 65 years of age) who may not compensate for heat stress efficiently and are less likely to sense and respond to changes in temperature

Those performing frequent high-exertion tasks (lifting, digging, walking) who may become dehydrated quickly and experience more intense heat stress

Those who have underlying health conditions, especially heart disease, obesity, high blood pressure, diabetes, or who take certain medications that put them at risk

Follow the steps below to stay cool and hydrated while working in the heat:

**Stay Cool**

Keep your body temperature cool to avoid heat-related illness.

Stay in air-conditioned buildings as much as possible. If you must work outdoors, try to limit your outdoor activity to the mornings and evenings.

Avoid working in direct sunlight and wear lightweight, light-colored, and moisture-wicking clothing.

Check on family members, especially those most at risk often.

If you feel ill working in the heat, notify a family member and stop working.

**Stay Hydrated**

Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat.

Drink more water than usual; do not wait until you are thirsty to drink more liquids.

Avoid drinking alcoholic beverages.

Drink about four cups of water every hour while working outside.

Remind others to drink enough water.

For more information about steps that you can take to reduce the risk of heat-related illness, visit the DPH Extreme Heat webpage at [www.ct.gov/dph/extremeheat](http://www.ct.gov/dph/extremeheat) (Or LHD chosen heat resource).

## Social Media & Graphics

Social Media:

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| Extreme heat events impact vulnerable community members the most. This summer, our health department is focused on safeguarding ALL of those at risk. (Link to CT Extreme heat page) #ExtremeHeat  <https://www.cdc.gov/extreme-heat/risk-factors/?CDC_AAref_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html> |
| Albanian:  Rastet e vapës ekstreme ndikojnë më shumë tek anëtarët më të lëndueshëm të komunitetit. Këtë verë, departamenti ynë i shëndetësisë është i fokusuar në mbrojtjen e TË GJITHË personave që janë në rrezik(Link to CT Extreme heat page) #ExtremeHeat https://www.cdc.gov/extreme-heat/risk-factors/?CDC\_AAref\_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html |
| Chinese:  极端高温事件对弱势社区成员的影响最大。今年夏季，保护所有高风险人群是我们卫生部门的重点工作之一(Link to CT Extreme heat page) #ExtremeHeat https://www.cdc.gov/extreme-heat/risk-factors/?CDC\_AAref\_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html |
| Spanish:  Olas de calor extremo impactan más a comunidades vulnerables. Este verano, nuestro departamento de salud está enfocado en proteger a TODOS aquellos en riesgo. (link to CT Extreme heat page) #ExtremeHeat https://www.cdc.gov/extreme-heat/risk-factors/?CDC\_AAref\_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html |
| Italian:  Gli episodi di caldo estremo incidono soprattutto sulle persone più vulnerabili della comunità. Quest’estate il nostro dipartimento della salute si occupa in particolare di tutelare TUTTE le persone a rischio(Link to CT Extreme heat page) #ExtremeHeat https://www.cdc.gov/extreme-heat/risk-factors/?CDC\_AAref\_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html |
| Haitian Creole:  Lè li fè cho anpil, se moun ki plis vilnerab yo nan kominote a ki soufri plis. Pandan sezon ete sa a, depatman sante nou an ap travay di pou pwoteje TOUT moun ki fè fas ak yon risk(Link to CT Extreme heat page) #ExtremeHeat https://www.cdc.gov/extreme-heat/risk-factors/?CDC\_AAref\_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html |
| Polish:  Ekstremalne upały najbardziej dotykają narażonych na nie członków społeczności. Tego lata nasz departament zdrowia skupia się na ochronie WSZYSTKICH osób narażonych na ryzyko(Link to CT Extreme heat page) #ExtremeHeat https://www.cdc.gov/extreme-heat/risk-factors/?CDC\_AAref\_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html |
| Portuguese:  A população mais vulnerável , normalmente , é a mais afetada por eventos de calor extremo. Nosso departamento de saúde está focado em proteger todos os que estão em risco neste verão.( Link para CT Calor Extremo ) #ExtremeHeat : https://www.cdc.gov/extreme-heat/risk-factors/?CDC\_AAref\_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html |
| Russian:  Экстремальная жара оказывает наибольшее влияние на уязвимых членов сообщества. Этим летом наш департамент здравоохранения уделяет приоритетное внимание защите ВСЕХ, кто находится в группе риска(Link to CT Extreme heat page) #ExtremeHeat https://www.cdc.gov/extreme-heat/risk-factors/?CDC\_AAref\_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html |
| Ukrainian:  Екстремальна спека найсильніше впливає на вразливих членів суспільства. Влітку цього року наш департамент охорони здоров'я зосереджений на захисті ВСІХ людей, які знаходяться в зоні ризику.(Link to CT Extreme heat page) #ExtremeHeat https://www.cdc.gov/extreme-heat/risk-factors/?CDC\_AAref\_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html |
| Vietnamese:  Các đợt nắng nóng cực độ ảnh hưởng nhiều nhất đến các thành viên cộng đồng dễ bị tổn thương. Mùa hè này, sở y tế của chúng ta tập trung vào việc bảo vệ TẤT CẢ những người có nguy cơ(Link to CT Extreme heat page) #ExtremeHeat https://www.cdc.gov/extreme-heat/risk-factors/?CDC\_AAref\_Val=https://www.cdc.gov/disasters/extremeheat/specificgroups.html |

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| Know the signs of heat-related illness! Extreme heat can worsen chronic conditions and lead to emergencies. Stay informed and stay safe with tips from your local health department. #ClimateChangesHealth #HeatSafety (Attach graphic) |
| Albanian:  Njihuni me shenjat e sëmundjeve të lidhura me vapën! Vapa ekstreme mund të përkeqësojë sëmundjet kronike dhe të çojë në emergjenca. Qëndroni të informuar dhe të sigurt me këshilla nga departamenti juaj lokal i shëndetit#ClimateChangesHealth #HeatSafety (Attach graphic) |
| Polish:  Zapoznaj się z objawami chorób związanych z upałem! Ekstremalne upały mogą pogorszyć stan przewlekłych schorzeń i prowadzić do sytuacji stwarzających zagrożenie. Bądź na bieżąco i zachowaj bezpieczeństwo dzięki wskazówkom wydanym przez lokalny wydział zdrowia#ClimateChangesHealth #HeatSafety (Attach graphic) |
| Chinese:  了解高温相关疾病的迹象！极端高温会导致慢性病恶化和突发事件发生。关注当地卫生部门的建议，注意健康安全#ClimateChangesHealth #HeatSafety (Attach graphic) |
| Russian:  Знайте признаки заболеваний, связанных с жарой! Экстремальная жара может ухудшить хронические заболевания и привести к чрезвычайным ситуациям. Знайте необходимую информацию и оставайтесь в безопасности, воспользовавшись советами Вашего местного департамента здравоохранения#ClimateChangesHealth #HeatSafety (Attach graphic) |
| Ukrainian:  Із ознаками хвороби, пов'язаної з високою температурою повітря, треба бути обізнаними! Екстремальна спека може погіршити перебіг хронічних порушень здоров'я і призвести до надзвичайних ситуацій. Будьте в курсі подій і залишайтися в безпеці, користуючись порадами Вашого департаменту охорони здоров'я.#ClimateChangesHealth #HeatSafety (Attach graphic) |
| Haitian Creole:  Chèche konnen siy ki montre ou gen yon maladi ki gen rapò ak chalè! Lè li fè cho anpil, pwoblèm sante kwonik ou genyen an ka vin pi mal epi sa ka lakòa yon sitiyasyon ijans. Rete enfòme epi rete an sekirite grasa konsèy ou jwenn nan men depatman sante lokal ou a#ClimateChangesHealth #HeatSafety (Attach graphic) |
| Italian:  Impara a riconoscere i sintomi dei disturbi legati al caldo! Il caldo estremo può aggravare patologie croniche causando situazioni di emergenza. Rimani informato e sicuro con i consigli del dipartimento della salute locale#ClimateChangesHealth #HeatSafety (Attach graphic) |
| Vietnamese:  Nhận biết các dấu hiệu của bệnh liên quan đến nhiệt! Nhiệt độ cực cao có thể làm trầm trọng thêm tình trạng mãn tính và dẫn đến trường hợp khẩn cấp. Luôn cập nhật thông tin và giữ an toàn với những lời khuyên từ sở y tế địa phương của bạn#ClimateChangesHealth #HeatSafety (Attach graphic) |
| Portuguese:  Conheça os sinais de doenças relacionadas ao calor! O calor extremo pode piorar condições crónicas e levar a emergências. Mantenha-se informado e seguro com dicas do seu departamento de saúde local .( Grafico anexado ) |
| Spanish:  Conozca las señales de enfermedades relacionadas al calor. El calor extremo puede empeorar condiciones crónicas y derivar en emergencias. Infórmese y permanezca seguro con consejos de su departamento de salud local. #ClimateChangesHealth #HealthSafery (attach graphic) |

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| Did you know that healthcare professionals play a crucial role in preventing heat-related illnesses? Take a peak at the CDC guidance for healthcare professionals during extreme heat: <https://www.cdc.gov/heat-health/index.html> |
| Albanian:  A e dini se profesionistët e kujdesit shëndetësor luajnë një rol vendimtar në parandalimin e sëmundjeve të lidhura me vapën? Shikoni udhëzimet e CDC-së për profesionistët e kujdesit shëndetësor gjatë vapës ekstreme:https://www.cdc.gov/heat-health/index.html |
| Polish:  Czy wiesz, że pracownicy służby zdrowia odgrywają kluczową rolę w zapobieganiu chorobom związanym z upałem? Przeczytaj wytyczne agencji epidemiologicznej (CDC) dla pracowników służby zdrowia w czasie ekstremalnych upałów:https://www.cdc.gov/heat-health/index.html |
| Chinese:  您知道吗？医护专业人员在预防高温相关疾病方面起着至关重要的作用。查看 CDC 在极端高温下对医护专业人员的指导：https://www.cdc.gov/heat-health/index.html |
| Russian:  Знаете ли Вы, что медицинские работники играют решающую роль в предотвращении заболеваний, связанных с жарой? Ознакомьтесь с рекомендациями CDC для медицинских работников во время экстремальной жары:https://www.cdc.gov/heat-health/index.html |
| Ukrainian:  Чи Ви знаєте, що професійні медичні працівники грають вирішальну роль у профілактиці захворювань, пов'язаних з високою температурою повітря? Ознайомтеся з рекомендаціями центру з контролю захворювань (CDC), що надаються професійним медичним працівникам під час екстремальної спеки: https://www.cdc.gov/heat-health/index.html |
| Haitian Creole:  Èske ou te konnen pwofesyonèl sante yo jwe yon wòl ki enpòtan anpil pou anpeche moun yo gen maladi ki gen rapò ak chalè? Gade rekòmandasyon CDC bay pwofesyonèl sante yo lè li fè cho anpil:https://www.cdc.gov/heat-health/index.html |
| Italian:  Sapevi che i professionisti sanitari svolgono un ruolo essenziale per la prevenzione dei disturbi legati al caldo? Dai un’occhiata alle indicazioni del CDC per i professionisti sanitari durante il caldo estremo:https://www.cdc.gov/heat-health/index.html |
| Vietnamese:  Bạn có biết rằng các chuyên gia chăm sóc sức khỏe đóng vai trò quan trọng trong việc ngăn ngừa các bệnh liên quan đến nhiệt? Hãy chú ý đến hướng dẫn của CDC dành cho các chuyên gia chăm sóc sức khỏe trong thời tiết nắng nóng cực độ:https://www.cdc.gov/heat-health/index.html |
| Portuguese:  Você sabia que os profissionais de saúde são muito importantes para evitar doenças causadas pelo calor? Consulte as recomendações do CDC para profissionais de saúde durante o calor extremo.https://www.cdc.gov/heat-health/index.html |
| Spanish:  ¿Sabía que los profesionales de cuidado de la salud juegan un papel crucial en prevenir las efermedades relacionadas al calor? Consulta la guía de profesionales de salud de CDC durante el calor extremo. https://www.cdc.gov/heat-health/index.html |

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| Protect yourself from heat-related illnesses (Name of LHD) suggests wearing light clothing, take cooling breaks, limit direct sun exposure & avoid sugary drinks #StaySafe #HeatPrevention |
| Albanian:  Mbroni veten nga sëmundjet që lidhen me vapën. (Name of LHD) sugjeron që të vishni rroba të lehta, të bëni pushime dhe të pini ujë të ftohtë, të kufizoni ekspozimin direkt në diell dhe të shmangni pijet me sheqer#StaySafe #HeatPrevention |
| Polish:  Chroń się przed chorobami związanymi z upałem. (Name of LHD) sugeruje noszenie lekkiej odzieży, robienie przerw na ochłodzenie organizmu, ograniczenie bezpośredniego narażenia na działanie promieni słonecznych i unikanie słodkich napojów#StaySafe #HeatPrevention |
| Chinese:  预防高温相关疾病。(Name of LHD) 建议穿着轻便衣物，注意防暑降温，避免阳光直射，不喝含糖饮料#StaySafe #HeatPrevention |
| Russian:  Защитите себя от заболеваний, связанных с жарой. (Name of LHD) предлагает носить легкую одежду, делать перерывы для охлаждения, ограничивать пребывание на солнце и избегать сладких напитков#StaySafe #HeatPrevention |
| Ukrainian: Захистить себе від захворювань, пов'язаних із високою температурою повітря. (Name of LHD) надає рекомендації щодо носіння легкого одягу, запровадження перерви для охолодження, обмеження часу перебування під прямими сонячними променями та уникання вжиття солодких напоїв.#StaySafe #HeatPrevention |
| Haitian Creole:  Pwoteje tèt ou kont maladi ki gen rapò ak chalè yo. (Name of LHD) sijere pou w mete rad ki lejè, fè poz pou rafrechi kò w, limite kantite tan ou pase anba limyè solyè la, epi evite bwason ki dous yo.#StaySafe #HeatPrevention |
| Italian:  Tutelati dai disturbi legati al caldo. (Name of LHD) consiglia di indossare indumenti leggeri, di concedersi pause per rinfrescarsi, limitare l’esposizione diretta al sole ed evitare bevande zuccherate#StaySafe #HeatPrevention |
| Vietnamese:  Bảo vệ bạn khỏi các bệnh liên quan đến nhiệt. (Name of LHD) đề nghị mặc quần áo nhẹ, nghỉ giải lao hạ nhiệt, hạn chế tiếp xúc trực tiếp với ánh nắng mặt trời và tránh đồ uống có đường#StaySafe #HeatPrevention |
| Portuguese:  Para evitar doenças relacionadas ao calor (conhecidas como LHD), use roupas leves, faça pausas para se refrescar e evite bebidas açucaradas.#StaySafe #HeatPrevention |
| Spanish:  Protégete de las enfermedades relacionadas al calor. (Name of LHD) sugiere vestir ropa liviana, tomar pauses para refrescarse, limitar exposición directa al sol y evitar bebidas azucaradas. #StaySafe #HeatPrevention |

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| * Did you know that children, the elderly, and those with chronic illnesses are at higher risk of heat-related illnesses? Check on your neighbors and loved ones during hot weather to ensure their safety. #CommunityCare #HeatAwareness (Attach graphic) |
| Albanian: A e dini se fëmijët, të moshuarit dhe ata me sëmundje kronike janë më të rrezikuar nga sëmundjet që shkaktohen nga vapa? Kontrolloni fqinjët dhe të dashurit tuaj gjatë kohës së nxehtë për të garantuar sigurinë e tyre#CommunityCare #HeatAwareness (Attach graphic) |
| Polish:  Czy wiesz, że dzieci, osoby starsze i osoby z przewlekłymi chorobami są bardziej narażone na choroby związane z upałem? Podczas upałów pozostawaj w kontakcie ze swoimi sąsiadami i bliskimi, aby sprawdzić, czy są bezpieczni#CommunityCare #HeatAwareness (Attach graphic) |
| Chinese:  您知道吗？儿童、老人和慢性病患者都是高温相关疾病的高风险人群。在高温天气里向您的邻居和亲人询问情况，确保他们健康安全#CommunityCare #HeatAwareness (Attach graphic) |
| Russian:  Знаете ли Вы, что дети, пожилые люди и люди с хроническими заболеваниями подвергаются более высокому риску заболеваний, связанных с жарой? Навещайте Ваших соседей и близких в жаркую погоду, чтобы обеспечить их безопасность#CommunityCare #HeatAwareness (Attach graphic) |
| Ukrainian:  Чи знаєте Ви, що діти, люди похилого віку і ті, хто страждає на хронічні хвороби, мають вищий ризик захворіти внаслідок високої температури повітря? Перевіряйте благополуччя своїх сусідів і близьких людей під час спекотної погоди з метою переконатися, що вони в безпеці. #CommunityCare #HeatAwareness (Attach graphic) |
| Haitian Creole:  Èske w te konnen timoun yo, granmoun aje yo ak moun ki gen maladi kwonik yo gen plis risk pou yo soufri yon maladi ki gen rapò ak chalè? Chèche konnen kijan vwazen w yo ak moun ki pwòch ou yo ye lè li fè cho pou yo ka rete an sekirite#CommunityCare #HeatAwareness (Attach graphic) |
| Italian:  Sapevi che i bambini, gli anziani e le persone affette da patologie croniche hanno un rischio maggiore di soffrire disturbi legati al caldo? Durante le giornate calde controlla che i tuoi vicini e le persone care siano al sicuro e stiano bene#CommunityCare #HeatAwareness (Attach graphic) |
| Vietnamese:  Bạn có biết rằng trẻ em, người già và những người mắc bệnh mãn tính có nguy cơ mắc các bệnh liên quan đến nhiệt cao hơn không? Kiểm tra hàng xóm và người thân của bạn khi thời tiết nắng nóng để đảm bảo an toàn cho họ#CommunityCare #HeatAwareness (Attach graphic) |
| Portuguese  Você sabia que crianças, idosos e pessoas com doenças crônicas estão mais propensas a desenvolver doenças associadas ao calor? Para manter a segurança deles verifique como seus entes queridos e vizinhos estão durante o calor. . #CommunityCare #HeatAwareness (Grafico anexado) |
| Spanish:  ¿Sabía que los niños y ancianos y aquellos con enfermedades crónicas están en riesgo más alto de enfermedades relacionadas al calor? Manténte pendiente a tus vecinos y seres queridos durante temperaturas calientes para asegurar que estén bien. #CommunityCare #HeatAwareness (Attach graphic) |

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| "Don't forget about our furry friends during hot weather! Provide plenty of water and shade for pets, and never leave them in a parked car. #PetSafety #HeatAwareness visit [Humane Society](https://www.humanesociety.org/resources/keep-pets-safe-heat) for more https://www.humanesociety.org/resources/keep-pets-safe-heat |
| Albanian:  Mos i harroni miqtë tanë me gëzof gjatë motit të nxehtë! Jepuni kafshëve shtëpiake shumë ujë dhe hije dhe mos i lini kurrë në një makinë të parkuar#PetSafety #HeatAwareness visit Humane Society for more https://www.humanesociety.org/resources/keep-pets-safe-heat |
| Polish:  Nie zapominajmy o naszych futrzakach w czasie upałów! Zapewnij zwierzętom dużo wody i cienia. Nigdy nie zostawiaj ich w zaparkowanym samochodzie.#PetSafety #HeatAwareness visit Humane Society for more https://www.humanesociety.org/resources/keep-pets-safe-heat |
| Chinese:  在高温天气里也不要忘了照顾您的宠物！为宠物提供充足的水和阴凉处，不要在停车后将它们留在车内#PetSafety #HeatAwareness visit Humane Society for more https://www.humanesociety.org/resources/keep-pets-safe-heat |
| Russian:  Не забывайте о наших четвероногих друзьях в жаркую погоду! Обеспечьте домашним животным достаточно воды и тени и никогда не оставляйте их в припаркованной машине#PetSafety #HeatAwareness visit Humane Society for more https://www.humanesociety.org/resources/keep-pets-safe-heat |
| Ukrainian:  Не забувайте про наших пухнастих друзів під час спекотної погоди! Забезпечте достатню кількість води та місце в тіні для домашніх тварин, і ніколи не залишайте їх у припаркованому автомобілі.#PetSafety #HeatAwareness visit Humane Society for more https://www.humanesociety.org/resources/keep-pets-safe-heat |
| Haitian Creole:  Pa bliye ti bèt ou yo lè li fè cho! Bay ti bèt ou yo anpil dlo, bay yo yon kote ki gen lonbray epi pa janm kite yo nan yon machin ki pake#PetSafety #HeatAwareness visit Humane Society for more https://www.humanesociety.org/resources/keep-pets-safe-heat |
| Italian:  Non dimenticare gli animali domestici quando fa caldo! Assicurati che abbiano abbondante acqua e un posto all’ombra e non lasciarli mai in un veicolo parcheggiato#PetSafety #HeatAwareness visit Humane Society for more https://www.humanesociety.org/resources/keep-pets-safe-heat |
| Vietnamese: Đừng quên những người bạn lông xù của chúng ta trong thời tiết nắng nóng! Cung cấp nhiều nước và bóng mát cho vật nuôi, đồng thời không bao giờ để chúng trong ô tô đang đỗ#PetSafety #HeatAwareness visit Humane Society for more https://www.humanesociety.org/resources/keep-pets-safe-heat |
| Portuguese:  Não esqueça de nossos amigos peludos durante o calor! Nunca deixe os animais de estimação em um carro estacionado; eles precisam de sombra e água.   #PetSafety #HeatAwareness visit Humane Society for more https://www.humanesociety.org/resources/keep-pets-safe-heat |
| Spanish:  No olvides a tus amigos peludos durante temperaturas calientes. Provee mucha agua y sombra para tus mascotas, y nunca las dejes en un carro estacionado. Para más información, visita Human Society en https://www.humanesociety.org/resources/keep-pets-safe-heat #PetsSafety #HeatAwareness |

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| Spread the word about heat safety with PSAs from (Name of LHD) Share these messages to educate your community about the dangers of outdoor heat and how to stay safe (link to LHD or DPH communications) |
| Albanian: Thojuni të tjerëve në lidhje me kujdesin nga vapa me PSA-të nga (Name of LHD). Ndajini këto mesazhe për të edukuar komunitetin tuaj në lidhje me rreziqet e vapës dhe se si të mbroheni(link to LHD or DPH communications) |
| Polish:  Rozpowszechniaj informacje o bezpieczeństwie związanym z upałami za pomocą komunikatów publicznych od (Name of LHD). Udostępnij te ogłoszenia, aby poinstruować swoją społeczność na temat zagrożeń związanych z upałem na zewnątrz i sposobów zachowania bezpieczeństwa(link to LHD or DPH communications) |
| Chinese:  利用 (Name of LHD) 的公益广告宣传有关高温安全的信息。分享这些信息，让您的社区了解户外高温的危害以及如何保证安全(link to LHD or DPH communications) |
| Russian:  Распространяйте информацию о тепловой безопасности с помощью PSA от (Name of LHD). Поделитесь этими сообщениями, чтобы проинформировать Ваше сообщество об опасностях жаркой погоды и о том, как оставаться в безопасности(link to LHD or DPH communications) |
| Ukrainian:  Поширюйте інформацію щодо безпеки під час високих температур повітря за допомогою соціальної реклами (public service announcement, PSA) від (Name of LHD). Повідомляйте цю інформацію, щоб забезпечити освіту членів Вашої спільноти стосовно небезпеки високих температур за межами приміщення, і надайте поради, як залишатися у безпеці. (link to LHD or DPH communications) |
| Haitian Creole:  Gaye mesaj sou sekirite pandan sezon chalè a grasa PSAs ki soti nan (Name of LHD). Pataje mesaj sa yo pou edike kominote w sou danje ki egziste lè li fè yo deyò a ak sou fason nou ka rete an sekirite(link to LHD or DPH communications) |
| Italian:  Diffondi le notizie sulla sicurezza in condizioni di caldo estremo con i PSA di (Name of LHD). Diffondi questi messaggi per informare la tua comunità sui pericoli del caldo all’aria aperta e su come tutelarsi(link to LHD or DPH communications) |
| Vietnamese:  Truyền bá về an toàn nhiệt với PSA từ (Name of LHD). Chia sẻ những thông điệp này để giáo dục cộng đồng của bạn về những nguy hiểm của nhiệt độ ngoài trời và cách giữ an toàn(link to LHD or DPH communications) |
| Portuguese:  Divulgue a segurança térmica com PSAs de (Nome do LHD). Compartilhe essas mensagens para educar sua comunidade sobre os perigos do calor ao ar livre e como se manter seguro. ((link to LHD or DPH communications) |
| Spanish:  Comparte información sobre seguridad en tiempos de calor con los consejos de (Name of LHD). Comparte estos mensajes para educar a tu comunidad acerca de los peligros del calor en exteriores y cómo estar seguros. (link to LHD o DPH communications) |

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| Can’t stand the heat? (Name of LHD), wants you to know that urban areas, known as ‘urban heat islands,’ are at higher risk for heat-related illnesses as our climate changes. We’re ensuring everyone has a place to cool down. Visit a cooling center near you. [Link to Cooling Centers] #ClimateChangesHealth #HeatIslands |
| Albanian:  Nuk e duroni dot vapën? (Name of LHD), dëshiron që ju të dini se zonat urbane, të njohura si "ishuj të vapës urbane", janë në rrezik më të lartë për sëmundjet e lidhura me vapën ndërsa klima jonë ndryshon. Ne po sigurojmë që gjithkush të kenë një vend për t'u freskuar. Vizitoni një qendër pranë jush ku mund të freskoheni.[Link to Cooling Centers] #ClimateChangesHealth #HeatIslands |
| Polish:  Nie znosisz upału? (Name of LHD) chce rozgłosić wszystkim, że obszary miejskie, zwane „miejskimi wyspami ciepła”, są bardziej narażone na choroby związane z upałem w związku ze zmianami klimatu. Dbamy o to, aby każdy miał miejsce, w którym będzie mógł się ochłodzić. Odwiedź najbliższe centrum, w którym można się ochłodzić.[Link to Cooling Centers] #ClimateChangesHealth #HeatIslands |
| Chinese:  受不了高温？(Name of LHD) 想告诉您，随着气候变化，城市地区（称为“城市热岛”）的高温相关疾病风险更高。我们要确保人人都有地方避暑乘凉。欢迎前往您附近的避暑中心。[Link to Cooling Centers] #ClimateChangesHealth #HeatIslands |
| Russian:  Не переносите жару? (Name of LHD) хочет, чтобы Вы знали, что городские районы, известные как «городские острова жары», подвергаются более высокому риску заболеваний, связанных с жарой, по мере изменения климата. Мы заботимся о том, чтобы у каждого было место, где можно охладиться. Посетите ближайший к Вам центр охлаждения.[Link to Cooling Centers] #ClimateChangesHealth #HeatIslands |
| Ukrainian:  Не можете переносити спеку? (Name of LHD), хоче, щоб Ви знали, що міські райони, які називають "міськими островами тепла" мають вищий ризик для хвороб, пов'язаних із високою температурою повітря, оскільки наш клімат змінюється. Ми забезпечуємо умови для кожної людини, щоб усі мали місце для охолодження. Відвідайте центр охолодження, розташований біля Вас.[Link to Cooling Centers] #ClimateChangesHealth #HeatIslands |
| Haitian Creole:  Èske chalè a twòp pou ou? (Name of LHD) vle w konnen gen yon seri zòn ki rele ‘zile chalè iben’ nan vil yo kote moun yo gen plis risk pou yo gen maladi ki gen rapò ak chalè akoz klima a k ap chanje. Nou pran mezi pou tout moun jwenn yon kote pou yo rafredi. Ale nan yon sant rafredisman ki nan zòn ou.[Link to Cooling Centers] #ClimateChangesHealth #HeatIslands |
| Italian:  Non riesci a sopportare il caldo? (Name of LHD) desidera informarti che le aree urbane, note come ‘isole di calore urbane’ sono a rischio maggiore di disturbi legati al caldo a causa del cambiamento climatico. Stiamo garantendo che tutti abbiano un posto dove rinfrescarsi. Visita un centro di raffreddamento vicino a te.[Link to Cooling Centers] #ClimateChangesHealth #HeatIslands |
| Vietnamese:  Không chịu được nhiệt? (Name of LHD), muốn bạn biết rằng các khu vực thành thị, được gọi là 'đảo nhiệt đô thị', có nguy cơ mắc các bệnh liên quan đến nhiệt cao hơn khi khí hậu của chúng ta thay đổi. Chúng tôi đảm bảo mọi người đều có một nơi để hạ nhiệt. Ghé thăm một trung tâm làm mát gần bạn.[Link to Cooling Centers] #ClimateChangesHealth #HeatIslands |
| Portuguese:  Não aguenta o calor? (Nome do LHD), gostaria de saber quais as áreas urbanas, conhecidas como “ilhas de calor urbanas”, correm maior risco de doenças relacionadas ao calor à medida que nosso clima muda. Estamos garantindo que todos tenham um lugar para se refrescar. Visite um centro de resfriamento perto de você. [Link para centro de resfriamento ) #ClimateChangesHealth #HeatIslands |
| Spanish:  ¿No aguantas el calor? (Name of LHD) quiere que sepas que las olas de calor en zonas urbanas, traen más riesgo de enfermedades relacionadas al calor pues el clima cambia. Nos estamos asegurando que todos tengan un lugar donde poder refrescarse. Visita un centro de enfriamiento cerca a ti. (link to Cooling Centers) #ClimateChangesHealth #HeatIslands |

[*https://community.fema.gov/ProtectiveActions/s/article/Extreme-Heat-Response-Planning-Shelter*](https://community.fema.gov/ProtectiveActions/s/article/Extreme-Heat-Response-Planning-Shelter)

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| Stay informed and stay cool! (Name of LHD), recommends using the CDC's Heat & Health Tracker for real-time data on heat and health. https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth #HeatAwareness |
| Albanian:  Qëndroni të informuar dhe në freski! (Name of LHD), rekomandon përdorimin e Gjurmuesit të Nxehtësisë dhe Shëndetit të CDC-së për të dhëna aktuale mbi vapën dhe shëndetin.https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth #HeatAwareness |
| Polish:  Bądź na bieżąco i ochłódź się! (Name of LHD) zaleca korzystanie z narzędzia CDC Heat & Health Tracker, które umożliwia dostęp do danych w czasie rzeczywistym na temat upałów i stanu zdrowia.https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth #HeatAwareness |
| Chinese:  关注最新信息，注意防暑降温！(Name of LHD) 建议使用 CDC 的 Heat & Health Tracker（高温与健康跟踪工具）获取有关高温和健康的实时数据。https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth #HeatAwareness |
| Russian:  Знайте необходимую информацию и не забывайте охлаждаться! (Name of LHD) рекомендует использовать систему отслеживания показателей жары и здоровья CDC для получения данных о жаре и здоровье в режиме реального времени.https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth #HeatAwareness |
| Ukrainian:  Будьте в курсі подій і залишайтеся спокійними! (Name of LHD), рекомендує використання покажчика CDC для відстеження спеки і здоров'я для даних в реальному часі..https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth #HeatAwareness |
| Haitian Creole:  Rete enfòme epi rete fre! (Name of LHD) rekòmande pou w itilize zouti CDC ki rele Heat & Health Tracker pou jwenn done ki ajou sou chalè ak sante.https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth #HeatAwareness |
| Italian:  Rimani informato e al fresco! (Name of LHD) consiglia di usare lo strumento di Monitoraggio di calore e salute del CDC per avere i dati in tempo reale relativi a calore e salute.https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth #HeatAwareness |
| Vietnamese:  Cập nhật thông tin và luôn giữ cho mát mẻ! (Name of LHD), khuyến nghị sử dụng Công cụ theo dõi nhiệt độ và sức khỏe của CDC để có dữ liệu thời gian thực về nhiệt độ và sức khỏe.https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth #HeatAwareness |
| Portuguese:  Mantenha-se atualizado e fique calmo! (Nome do LHD), aconselha acessar o rastreador de calor e saúde do CDC para dados de calor e saúde em tempo real.https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth #HeatAwareness |
| Spanish:  Permanece informado y manténte fresco. (Name of LHD) recomienda usar el rastreador de calor de CDC para datos en tiempo real sobre calor y salud. https://ephtracking.cdc.gov/Applications/heatTracker/ #ClimateChangesHealth |

Graphics:

A picture containing text, clipart

Description automatically generatedYou can use this graphic to link to:

[HeatRisk | Tracking | NCEH | CDC](https://ephtracking.cdc.gov/Applications/HeatRisk/)

Timeline

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Timeline

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# Web Content

## Extreme Heat Safety for Vulnerable Populations

Extreme heat can pose severe health risks, particularly for those with mobility issues such as children, older adults, and individuals reliant on medical devices. People with access and needs limitations are especially vulnerable due to factors like difficulty accessing cool environments, dependence on electricity for medical devices, and limited means to stay hydrated. Understanding how to mitigate these risks with common-sense practices and additional tips can help protect these at-risk groups during periods of extreme heat.

**General Tips for Extreme Heat Safety**

* Stay Indoors: Spend time in air-conditioned buildings during the hottest parts of the day.
* Hydrate Regularly: Drink plenty of water, even if you don't feel thirsty.
* Dress Appropriately: Wear lightweight, loose-fitting, and light-colored clothing.
* Avoid Strenuous Activities: Schedule outdoor activities during cooler times of the day.
* Monitor Symptoms: Be aware of signs of heat-related illnesses such as dizziness, nausea, and confusion, and seek medical attention if necessary.
* Utilize Cooling Centers: Take advantage of community cooling centers if air conditioning is not available at home.

**Key Recommendations for Vulnerable Populations**

**Older Adults**

* Stay Cool: Remain indoors in air-conditioned spaces during extreme heat.
* Stay Hydrated: Drink plenty of fluids, even without feeling thirsty.
* Dress Appropriately: Wear lightweight, loose-fitting, light-colored clothing.
* Limit Activity: Avoid strenuous activities during the hottest parts of the day.
* Use Fans: Circulate air indoors, even with air conditioning.
* Cool Showers: Take cool showers or baths to lower body temperature.

**Infants and Children**

* Never Leave in Cars: Never leave children unattended in parked cars.
* Dress for the Heat: Dress in loose, lightweight, light-colored clothing.
* Offer Fluids: Ensure children drink plenty of water.
* Limit Outdoor Play: Avoid outdoor play during peak heat hours (10 a.m. to 4 p.m.).
* Use Fans: Cool indoor environments with fans or air conditioning.
* Cool Baths: Offer cool baths or showers to help keep cool.

**People with Chronic Medical Conditions**

* Stay Indoors: Remain in air-conditioned environments during extreme heat.
* Take Medications: Continue taking prescribed medications as directed.
* Stay Hydrated: Drink plenty of water, avoiding alcohol and caffeine.
* Use Fans: Help cool indoor spaces with fans or portable air conditioners.
* Cool Showers: Take cool showers to lower body temperature.
* Wear Breathable Clothing: Choose lightweight, loose-fitting clothing.

**Outdoor Workers**

* Hydrate: Drink water regularly, even without feeling thirsty.
* Take Breaks: Take frequent breaks in shaded or air-conditioned areas.
* Dress Appropriately: Wear lightweight, breathable clothing and use sunscreen.
* Cooling Aids: Use towels soaked in cold water or ice packs during breaks.
* Heat Safety Policies: Follow organizational heat safety policies.
* Monitor Symptoms: Be aware of heat-related illness signs and seek help if needed.

**Low-Income Households**

* Access Cooling Centers: Use cooling centers or public spaces with air conditioning.
* Stay Hydrated: Drink plenty of water; seek community resources if needed.
* Stay Informed: Follow local heat advisories and warnings.
* Community Resources: Utilize community resources for heat safety and assistance.
* Improvised Cooling: Use wet towels or ice packs to cool down.
* Wear Lightweight Clothing: Opt for breathable, loose-fitting clothing.

**Pregnant Women**

* Stay Hydrated: Drink at least eight to ten glasses of water daily.
* Avoid Overexertion: Limit physical activity during peak heat hours.
* Stay Cool: Use fans or air conditioning to lower body temperature.
* Monitor Symptoms: Be aware of heat-related illness signs and seek medical attention if necessary.
* Plan Outdoor Activities: Schedule activities for cooler times of the day.
* Cool Showers: Take cool showers to manage heat exposure.

**Athletes**

* Stay Hydrated: Drink fluids before, during, and after exercise.
* Know Your Limits: Adjust workout intensity and duration based on fitness level.
* Time Your Workouts: Exercise during cooler times of the day.
* Protect Your Skin: Wear lightweight, breathable clothing and use sunscreen.
* Cooling Aids: Use cold towels or ice packs during breaks.
* Monitor Symptoms: Pay attention to signs of heat-related illnesses.

**People with Disabilities**

* Plan Ahead: Develop a heat safety plan tailored to individual needs.
* Stay Cool: Use fans or air conditioning to stay cool indoors.
* Communicate Needs: Inform caregivers and support networks of heat-related needs.
* Stay Informed: Monitor heat advisories and weather forecasts.
* Wear Breathable Clothing: Choose lightweight, loose-fitting clothing.
* Stay Hydrated: Drink plenty of water throughout the day.

**Socially Isolated Individuals**

* Check on Neighbors: Establish connections with neighbors and check on them during heat events.
* Support Networks: Build a support network for assistance during hot weather.
* Seek Assistance: Contact local agencies for support services like cooling centers.
* Stay Informed: Follow local heat advisories and warnings.
* Emergency Contacts: Keep a list of emergency contacts handy.
* Stay Hydrated: Ensure consistent water intake throughout the day.

Taking proactive measures and staying informed are crucial steps to ensuring safety and well-being in hot weather conditions.

## Extreme Heat Events: Stay Safe and Prepared

Extreme heat can severely impact health, leading to conditions known as heat illnesses. These occur when the body cannot cool itself efficiently, causing symptoms ranging from mild (heat cramps) to severe (heat stroke). Understanding the risks and how to protect yourself is crucial**.**

**Signs of Heat Illness**

* **Heat Cramps**: Muscle pains or spasms, typically in the abdomen, arms, or legs.
* **Heat Exhaustion**: Heavy sweating, weakness, cold, pale, and clammy skin, fast and weak pulse, nausea, or vomiting.
* **Heat Stroke**: High body temperature (above 103°F), hot, red, dry, or moist skin, rapid and strong pulse, possible unconsciousness. This is a medical emergency and requires immediate attention.

**Tips to Stay Safe**

* **Stay Hydrated**: Drink plenty of water, avoiding alcohol and caffeine.
* **Stay Cool**: Use air conditioning, take cool showers, and wear lightweight clothing.
* **Limit Outdoor Activities**: Schedule outdoor activities during cooler parts of the day, like early morning or evening.
* **Protect Vulnerable Individuals**: Check on elderly neighbors and ensure children are in cool environments.
* **Never Leave Children or Pets in Cars**: Vehicles can quickly reach dangerous temperatures.

**Preparedness Tips**

* **Create a Heat Plan**: Identify cool places you can go, such as libraries or malls.
* **Monitor Weather Alerts**: Stay informed about heat advisories and warnings.
* **Know Emergency Contacts**: Keep a list of emergency contacts readily available.
* **First Aid Knowledge**: Learn basic first aid for heat-related illnesses.

**Key Recommendations**

**General Public**

* **Stay Hydrated**: Drink water frequently, even if not thirsty.
* **Stay Informed**: Pay attention to heat advisories and warnings.
* **Seek Cool Places**: Spend time in air-conditioned buildings during extreme heat.

**Occupational Workers**

* **Stay Hydrated**: Drink water or sports drinks to replace electrolytes.
* **Take Breaks**: Schedule frequent breaks in shaded or air-conditioned areas.
* **Wear Appropriate Clothing**: Use lightweight, breathable clothing and sun protection.

**Schools and Camps**

* **Plan Indoor Activities**: Schedule outdoor activities during cooler parts of the day.
* **Keep Children Hydrated**: Encourage regular water breaks.
* **Monitor Health**: Watch for signs of heat illness among children and staff.

By following these guidelines and staying vigilant, you can protect yourself and others from the dangers of extreme heat. For more detailed information, visit the [Connecticut Department of Public Health Extreme Heat Page](https://portal.ct.gov/dph/communications/crisis-and-emergency-risk-communication/extreme-heat).

# Additional Resources

* CDC Heat Risk Tracker
  + <https://ephtracking.cdc.gov/Applications/HeatRisk/>
* CDC Heat & Health Tracker
  + <https://ephtracking.cdc.gov/Applications/heatTracker/>
* Extreme Heat Outlooks
  + <https://www.heat.gov/>
* CT DPH Extreme Heat Page
  + <https://portal.ct.gov/dph/communications/crisis-and-emergency-risk-communication/extreme-heat>
* DPH Illnesses Caused by Heat
  + [Illnesses Caused by Heat (ct.gov)](https://portal.ct.gov/dph/communications/crisis-and-emergency-risk-communication/illnesses-caused-by-heat)
* [Extreme Heat and Schools (ct.gov)](https://portal.ct.gov/dph/communications/crisis-and-emergency-risk-communication/extreme-heat-and-schools)
* [Heat Stress - CT Environmental Public Health Tracking Portal](https://stateofhealth.ct.gov/HeatStress)
* [State Laws for Employees Working in Excessive Heat (ct.gov)](https://www.cga.ct.gov/2023/rpt/pdf/2023-R-0243.pdf)
* [Extreme Heat and Cooling Centers (ct.gov)](https://portal.ct.gov/demhs/emergency-management/resources-for-individuals/summer-weather-awareness/extreme-heat-and-cooling-centers)
* US Department of Labor: The Heat Equation [Card (ct.gov)](https://portal.ct.gov/-/media/cfpc/_old_files/osha3154heststresspdf.pdf)