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Extreme Heat In Lehigh County Prompts Need To Check On Neighbors
Lehigh County Office of Emergency Management Advises Residents On Extreme Temperatures

Lehigh County, PA- In light of the recent extreme temperatures, Lehigh County Emergency Management Agency would like to remind you to take simple steps in order to prevent heat-related illness. Extreme heat is known as the “silent killer” in the United States, causing 1,500 people a year to die from heat-related illnesses alone. According to the National Oceanic and Atmospheric Administration (NOAA), extreme heat causes more deaths than tornadoes, hurricanes, floods, and lightning combined.

Take the following steps to protect yourself:

Be Informed

• Groups of people that are more at risk from high temperatures:
  o Infants and young children
  o People aged 65 or older
  o People with chronic medical conditions
  o Never leave your children or pets in a vehicle
• Pay close attention to heat advisories or warnings (local television, radio and internet)
• The two most common types of heat-related illnesses are heat exhaustion and heat stroke.
  o Symptoms of heat exhaustion:
    ▪ Heavy sweating
    ▪ Paleness (skin is a lighter color than normal)
    ▪ Muscle cramps
    ▪ Tiredness
    ▪ Weakness
    ▪ Dizziness
    ▪ Headache
    ▪ Nausea or vomiting
    ▪ Fainting
  o What you should do:
    ▪ Move to a cooler location
    ▪ Lie down and loosen your clothing
    ▪ Apply cool, wet clothes to as much of your body as possible
    ▪ Sip water
Symptoms of heat stroke:
- An extremely high body temperature (above 103°F)
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

What you should do:
- Call for emergency medical attention
- Get the victim to a shady area
- Cool the person rapidly (cool clothes or even a bath)
- Do not give the victim any fluids (like water) to drink

Plan for Periods of Extreme Heat
- Service air conditioner before hot weather arrives, and obtain window fans to help cool your home.
- Know where to go when the weather heats up. Find cool, indoor places to spend time on hot summer days. Go to an air-conditioned location, even if for a few hours.
- Lehigh County EMA urges residents to remain diligent in social distancing practices: maintaining a six feet distance, washing hands often, utilizing hand sanitizer, and wearing a mask following the CDC recommendations. Citizens are also reminded to stay home if they are sick or feeling unwell.

Know What To Do In Hot Weather
- Stay indoors in air conditioning as much as possible
- Drink plenty of water during the day – don’t wait until you are thirsty!
- If you must be outside in the heat, limit activity to morning and evening hours, and try to rest often in the shade
- Dress in light-colored and loose-fitting clothing, a hat, sunglasses and an SPF 15 or higher sunscreen
- Check on those who may be more at-risk from high temperatures

For more information on extreme heat, please call the Lehigh County Emergency Management Agency at (610) 782-4600.

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