



SUSTAINABLE STEPS

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Extreme Heat

For the month of June we are discussing the dangers of extreme heat.

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death.

Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards. According to the CDC, approximately 1,220 people die from extreme heat every year in the United States.



Older adults, children and sick or overweight individuals are at greater risk from extreme heat.



Humidity increases the feeling of heat.

Learn to [recognize the signs of heat illness](#).