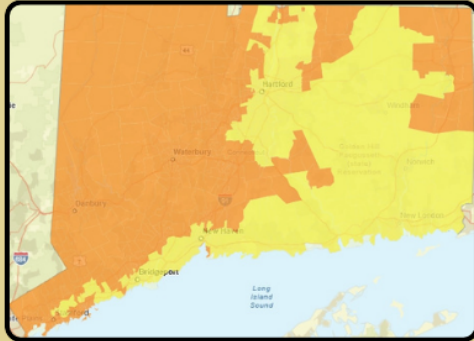
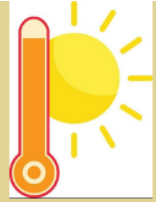




WATERBURY HEALTH DEPARTMENT

Staying safe during a heat wave



Heat risk in the US and Connecticut

- Extreme heat can cause people to suffer from heat-related illness (HRI), and even death. Heat causes **67,512 emergency department visits, 9,235 hospitalizations and 700 deaths** every year in the United States.
- National Environmental Public Health Tracking Network (CDC) data shows that Connecticut (CT) reported **383 emergency department visits and 40 hospitalizations** due to HRI during 2022 alone.
- 2025 CT heat risk data in the map (left) shows **Waterbury** lie in the **moderate heat risk** (orange) zone. **Moderate heat risk zone means**- the heat index is high enough to pose a potential health risk, particularly for vulnerable populations

Types of heat related illness

<p>Heat exhaustion</p> <p>Heat exhaustion is the body's response to an excessive loss of water and salt, usually through excessive sweating.</p>	<p>Heat stroke</p> <p>Heat stroke is a serious illness. Body can no longer control its temperature. Body temperature can rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause permanent disability or death.</p>	<p>Rhabdomyolysis</p> <p>Causes rapid breakdown, rupture, and death of muscle. When muscle tissue dies, electrolytes and large proteins are released into the bloodstream and causes irregular heart rhythms, seizures, and damage to the kidneys</p>	<p>Heat syncope</p> <p>Heat syncope is a fainting episode occurring after standing for long time or suddenly standing up after sitting or lying. Contributing factors include dehydration.</p>	<p>Heat cramps</p> <p>Heat cramps affect workers during strenuous activity. Sweating depletes the body's salt levels. Low salt levels in muscles cause painful cramps.</p>	<p>Heat rash</p> <p>Heat rash is a skin irritation caused by excessive sweating during hot, humid weather.</p>
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Sign and symptoms of heat related illness

Muscle cramps	Heavy sweating	Breathlessness	Dizziness, Headaches	Nausea	High body temperature	

What should you do during extreme heat?

<p>01 Stay cool</p> <p></p> <p>Stay under shade Use fan Use AC</p>	<p>02 Stay hydrated and check air quality</p> <p></p>	<p>03 Check upon you family and friends who are at high risk</p> <ul style="list-style-type: none"> • Older adults, • People with medical conditions, infants, children and pregnant women, • Outdoor workers. <p></p>
<p>04 Know your local resources</p> <p>Check health department website for more information: www.waterburyct.org</p> <p>Call 3-1-1 for information on locations and operating hours</p> <p></p>	<p>05 Cool down at city's 3 pools at</p> <p>Hamilton Park Pool, Washington Park Pool, Fulton Park Pool</p> <p></p>	<p>06 Get medical help or call 911 right away if you have:</p> <ul style="list-style-type: none"> • Heat stroke, high temperature headache, dizziness, nausea, confusion, loss of consciousness, red dry or damp skin • Vomiting, symptoms or cramps last longer than 1 hour

Resources:

1. CDC. Climate and health. Protect Yourself From the Dangers of Extreme Heat. <https://www.cdc.gov/climate-health/php/resources/protect-yourself-from-the-dangers-of-extreme-heat.html>
2. CDC. About Heat and Your Health. https://www.cdc.gov/heat-health/about/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fextreme-heat%2Fabout%2Findex.html
3. CDC. National Environmental Public Health Tracking Network. <https://ephtracking.cdc.gov/DataExplorer/>
4. CDC. Heat and Health tracker. <https://ephtracking.cdc.gov/Applications/heatTracker/>

