

Summer is here and South Florida is already experiencing extreme heat with temperatures above normal for this time of year. Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. Your body works extra hard to maintain its normal temperature, which can be fatal. Among all weather-related hazards, extreme heat causes the most deaths each year. Children, pregnant women, and people who are elderly, sick or overweight are more vulnerable.



Protect Yourself and Your Loved Ones from **Extreme Heat**

Beat the Heat with these “Cool” Tips:

Check the Forecast. Before making plans, check your local forecast to see if there’s an excessive heat advisory. An excessive heat warning is issued up to a day before extremely dangerous heat conditions start.

Understand Heat Hazards. Learn to recognize the signs of heat exhaustion, heat cramps and heat stroke.

Dress Better for Hot Weather. Sunburn affects your body’s ability to cool down and can make you dehydrated. Protect yourself from the sun by wearing sunscreen and loose, lightweight, light-colored clothes.

Don’t Wait to Hydrate. Keep you and your pets hydrated. Drink more fluids, regardless of how active you are. Don’t wait until you’re thirsty to drink.

Avoid strenuous activities. High heat and outdoor activities don’t always mix well. Try to limit your outdoor activity to when it’s coolest: morning and evening hours. Take frequent breaks in shady areas so your body has a chance to recover.

Never leave people or pets in a car. At 80 degrees outside, your car’s interior can reach 118 degrees in just 20 minutes. Infants and children are especially in danger of getting heat stroke or dying.

Check on your family and friends. Older adults, children and people with chronic medical conditions are at high risk from heat-related injury and death, as are pregnant women.



Learn What The County is Doing For You

The County is exploring opportunities to develop a network of temperature and humidity sensors that would trigger localized alerts upon reaching heat watch and warning advisory thresholds. This allows vulnerable populations to plan their time accordingly during extreme heat events. A warning system like this can help residents and emergency management teams respond more effectively in an emergency. For more information, visit Broward.org/climate.

Fur-ever Cool: Summer Pet Safety

Tips from Broward County Animal Care:

- Keep paws off hot asphalt and pavement
- Keep your pet hydrated by maintaining access to fresh, cool water
- Bring your pet inside or limit your pet's outdoor activity to cooler times of the day
- If outside, make sure your pet has access to comfortable shade
- Never leave your pet unattended in the car; it is illegal under Florida Law
- Trim hair, but do not shave your pet entirely to avoid sunburn
- Don't allow pets to overexert themselves

Know the signs of overheating:

- Excessive panting and shortness of breath
- Excessive drooling
- Elevated body temperature over 104°F
- Increased pulse and respiratory rate
- Vomiting
- Discolored gums

Contact your vet immediately if your pet exhibits any of these symptoms.



What to Expect this Summer

The heat index is an accurate measure of how hot it really feels when relative humidity is combined with the air temperature. In very humid conditions, when the air temperature exceeds 90°F, the heat index can approach or reach 'off the charts levels' (when it feels hotter than approximately 135°F).

Heat Index Above 90°F

Outdoor workers become more susceptible to heat-related illness.

Heat Index Above 100°F

Children, elderly adults, pregnant women and people with underlying conditions are at heightened risk of heat-related illness.

Heat Index Above 105°F

Anyone could be at risk of heat-related illness or even death as a result of prolonged exposure.

Heat Index Off the Charts

Undetermined: Any level of exposure is presumed extremely dangerous for all people and is likely to result in heat-related illness or even death.

AIR TEMPERATURE (°F)

	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112+
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136	
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137		
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137			
55	81	84	86	89	93	97	101	106	112	117	124	130	137				
60	82	84	88	91	95	100	105	110	116	123	129	137					
65	82	85	89	93	98	103	108	114	121	128	136						
70	83	86	90	95	100	105	111	119	126	134							
75	84	88	92	97	103	109	116	124	132								
80	84	89	94	100	106	113	121	129									
85	85	90	96	102	110	117	126	135									
90	86	91	98	105	113	122	131										
95	86	93	100	108	117	127											
100	87	95	103	112	121	132											

- 80°F-89°F
- 90°F-99°F
- 100°F-104°F
- 105°F+
- Off the Charts

Off the Charts
Heat index formula becomes invalid with extreme temperature and humidity combinations that will increasingly result from global warming