



# Weather Outlook



The high temperatures increase the risk for heat-related illnesses like heat exhaustion and heat stroke. Heat-related illnesses are preventable so help protect yourself, your family, friends, and coworkers here are some safety tips:

1. Stay informed with the weather and activities should be rescheduled to the coolest times of the day. Should dress in light clothing and *drink plenty of water throughout the day.*
2. **Heat Stroke**-seek medical help **immediately** if someone is suffering from a heat stroke. Sign & symptoms include flushed skin that is very hot to the touch; rapid breathing, dizziness, confusion, or unresponsiveness.
3. **Heat Exhaustion**-When the body loses an excessive amount of salt and water. Symptoms are similar to flu and can include severe thirst, fatigue, headache, nausea, and vomiting. Move them to a shaded area/air conditioned area, give water, and apply wet towels or have them take a cool shower.



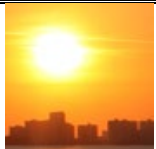


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Date: June 10<sup>th</sup>- 14<sup>th</sup>, 2024

The weather today will be sunny with a high of 105 degrees with a low of 72 degrees tonight. There will be an **Excessive Heat Warning** in effect from Tuesday morning going into Thursday evening with highs ranging from 105 to 112 degrees. Friday will be sunny with a high of 104 degrees and will have a low of 71 degrees. The weekend will continue to be sunny with highs in the 100's and lows in the 70's.

## WATER. REST. SHADE.

*The work can't get done without them.*

Monday	Excessive Heat Warning Tuesday	Excessive Heat Warning Wednesday	Excessive Heat Warning Thursday	Friday
				
Sunny High: 105° Low: 72°	Sunny High: 109° Low: 74°	<b>HOT</b> High: 111° Low: 77°	<b>HOT</b> High: 111° Low: 75°	Sunny High: 104° Low: 71°

## HEAT STROKE SYMPTOMS

- Body temperature above 104°
- Pounding headache
- Lack of sweat
- Hot, red skin
- Loss of consciousness
- Confusion
- Rapid heartbeat

### WHAT TO DO

- ☀ Move to shaded area or indoors
- ☀ Soak in a cold or ice-water bath, or spray with cool water and fan
- ☀ Do not give oral fluids if confused
- ☀ Seek emergency medical care

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## HEAT EXHAUSTION SYMPTOMS

- Excessive sweating
- Vision changes
- Nausea, vomiting, or diarrhea
- Muscle or abdominal cramps
- Dizziness
- Extreme fatigue
- Fainting

### WHAT TO DO

- ☀ Give cool fluids
- ☀ Apply cool, wet towels or ice packs to neck, forehead, and under arms
- ☀ Move to cooled off room and rest
- ☀ Remove some clothing