



# 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.

Office of Emergency Management  
[gricready.com](http://gricready.com)  
[gricready.org](http://gricready.org)

Date: September 3<sup>rd</sup>-7<sup>th</sup>, 2024

The weather today will be sunny with a high of 105 degrees and tonight will have a low of 78 degrees. There will be an **Excessive Heat Warning** in effect from Wednesday afternoon to Friday evening with highs ranging from 107 to 111 degrees. The weekend will continue with sunny conditions with highs in the 100's and lows in the 70's.

## WATER. REST. SHADE.

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

Tuesday	Excessive Heat Warning Wednesday	Excessive Heat Warning Thursday	Excessive Heat Warning Friday	Saturday
Sunny/Breezy High: 105° Low: 78°	Sunny High: 107° Low: 80°	Sunny High: 110° Low: 83°	Sunny/Breezy High: 109° Low: 82°	Sunny/Breezy High: 107° Low: 82°

### 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

VS.

### 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