Extreme heat events, or heat waves, are the leading cause of extreme weather-related deaths in the United States.

In recent years, there have been higher-than-average temperatures, warmer summers, and more extreme-heat days. These changing conditions can cause more illnesses and deaths, especially for people who have cardiac or breathing problems. During an extreme-heat event, nighttime temperatures may be too warm to allow the body to cool down. It is important to be aware of both the temperature and the heat index. The heat index combines heat and humidity to measure how hot it feels to your body.

### AT-RISK POPULATIONS
- Infants and young children
- Anyone with chronic, long-term medical conditions
- Disabled
- Outdoor workers
- Those who use certain medications/illegal drugs
- Low-income residents
- Elderly
- Overweight/obese
- Pregnant women
- Athletes
- Socially isolated

### DATA AND PROJECTIONS

**CURRENT:**
90°F FOR 10 DAYS

During an average Rhode Island summer, the heat index reaches 90°F for 10 days.

**PROJECTED:**
ABOVE 90°F FOR 13-44 DAYS

Between 2020-2099, Rhode Island may experience 13-44 more days each summer that are above 90°F.

Rhode Island’s average temperature has increased by more than 3°F in the past century.

Many Rhode Islanders do not have air conditioning, including at-risk groups.
### WHAT YOU CAN DO

<table>
<thead>
<tr>
<th>STAY UPDATED</th>
<th>STAY HYDRATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check local news for extreme heat alerts and safety tips. Check on friends, family, and neighbors.</td>
<td>Drink plenty of fluids. (Avoid alcohol and caffeine.)</td>
</tr>
</tbody>
</table>

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<th>DRESS LIGHTLY</th>
<th>SEEK SHADE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wear light-colored, light-weight clothing. Use hats with brims and sunscreen with an SPF of 30 or higher.</td>
<td>Stay out of the direct sun. Seek shady or air-conditioned areas such as libraries or malls.</td>
</tr>
</tbody>
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<tr>
<th>SCHEDULE</th>
<th>PACE YOURSELF</th>
</tr>
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<tr>
<td>Schedule outdoor events early in the morning when it’s cooler.</td>
<td>Pace yourself when you exercise.</td>
</tr>
</tbody>
</table>

### VEHICLE DANGER

Never leave a child, a disabled or elderly person, or a pet in an unattended car. A closed vehicle can heat up to dangerous levels in only 10 minutes.

### CONSERVE ENERGY

Use solar energy to power air conditioning units. Incorporate shade trees into landscaping and use energy efficiency measures at home. Conserving energy can help decrease temperatures and the impacts of climate change.

### CHECK RHODE ISLAND EMERGENCY MANAGEMENT AGENCY WEBSITE

(riema.ri.gov), social media, and media reports for updates of cooling center locations.

### HEAT-RELATED ILLNESSES

- **HEAT SPASM**
  - Muscle cramps that occur during or after exercise or work in a hot environment.

- **HEAT EXHAUSTION**
  - The body’s response (thirst, cool and moist skin, weak/fast pulse, shallow/fast breathing) to an excessive loss of water and salt, usually through excessive sweating.

- **HEAT STROKE**
  - A life-threatening condition characterized by high body temperature, rapid pulse, difficulty breathing, and confusion.