

Heat Warning – by KISUAJ

Lately, Marida has been sending us texts from the NWS San Antonio with updates on current heat conditions in our areas. Tonight's training is a quick review of those conditions and information on who is more vulnerable to heat related illnesses and what they are. This information has been gathered from various National Weather Service links. Each National Weather Service Forecast Office issues some or all of the following heat-related products as conditions warrant. NWS local offices often collaborate with local partners to determine when an alert should be issued for a local area.

- **Extreme Heat Warning—Take Action!** An Extreme Heat Warning is issued when extremely dangerous heat conditions are expected or occurring. Avoid outdoor activities, especially during the heat of the day. If you must be outside, be sure to drink plenty of water and take frequent breaks in the shade. Stay indoors in an air-conditioned space as much as possible, including overnight. Check on family and neighbors.

Extreme Heat Watch—Be Prepared! An Extreme Heat Watch is issued when conditions are favorable for an extreme heat event but its occurrence and timing is still uncertain. Plan to suspend all major outdoor activities if a warning is issued. If you do not have air conditioning, locate the nearest cooling shelter or discuss staying with nearby family or friends who have air conditioning.

- **Heat Advisory—Take Action!** A Heat Advisory is issued for dangerous heat conditions that are not expected to reach warning criteria. Consider postponing or rescheduling outdoor activities, especially during the heat of the day. If you must be outside, be sure to drink plenty of water and take frequent breaks in the shade. Stay in a cool place, especially during the heat of the day and evening.

Heat can be very taxing on the body and can lead to [heat related illnesses](#) or make existing health conditions worse. Everyone can be vulnerable to heat, but some more so than others. According to [The Impacts Of Climate Change On Human Health In The United States: A Scientific Assessment](#) the following groups are particularly vulnerable to heat; check in with friends and relatives who fall in one of these populations, especially if they don't have air conditioning.

- **Young children and infants** are particularly vulnerable to heat-related illness and death, as their bodies are less able to adapt to heat than are adults.
- **Older adults**, particularly those who have pre-existing diseases, take certain medications, are living alone or have limited mobility who are exposed to extreme heat can experience multiple adverse effects.
- **People with chronic medical conditions** are more likely to have a serious health problem during a heat wave than healthy people.
- **Pregnant women are also at higher risk.** Extreme heat events have been associated with adverse birth outcomes such as low birth weight, preterm birth, and infant mortality, as well as congenital cataracts.

NWS Safety information on Children, Pets and Vehicles: It is **NEVER** safe to leave a child, disabled person or pet locked in a car, even in the winter. If you have a toddler in your household, lock your cars, even in your own driveway. Kids may play in cars or wander outside and get into a car and can die in 10 minutes! **A reported 31 children died in hot cars in 2025..**

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperatures rise and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of extreme heat exposure and the appropriate responses. Some of these symptoms and steps are listed below.

Heat Cramps

Heat cramps may be the first sign of heat-related illness and may lead to heat exhaustion or stroke.

- **Symptoms:** Painful muscle cramps and spasms usually in legs and abdomen. Heavy sweating.
- **First Aid:** Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water unless the person complains of nausea, then stop giving water.

Seek immediate medical attention if cramps last longer than 1 hour.

Heat Exhaustion

- **Symptoms:** Heavy sweating; weakness or tiredness; cool, pale, clammy skin; fast, weak pulse; muscle cramps; dizziness, nausea or vomiting; headache; fainting.
- **First Aid:** Move person to a cooler environment, **preferably a well air-conditioned room.** Loosen clothing. Apply cool, wet cloths or have person sit in a cool bath. Offer sips of water.

Seek immediate medical attention if the person vomits, symptoms worsen or last longer than 1 hour

Heat Stroke

- **Symptoms:** Throbbing headache; confusion; slurred speech; nausea; dizziness; body temperature above 103°F; hot, red, dry or damp skin; rapid and strong pulse; fainting; loss of consciousness.
- **First Aid: Call 911 or get the victim to a hospital immediately.** Heat stroke is a severe medical emergency. Delay can be fatal. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool clothes. Use a fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures. Do **NOT** give fluids.

This concludes tonight's training, this is KI5UAI returning to net control.