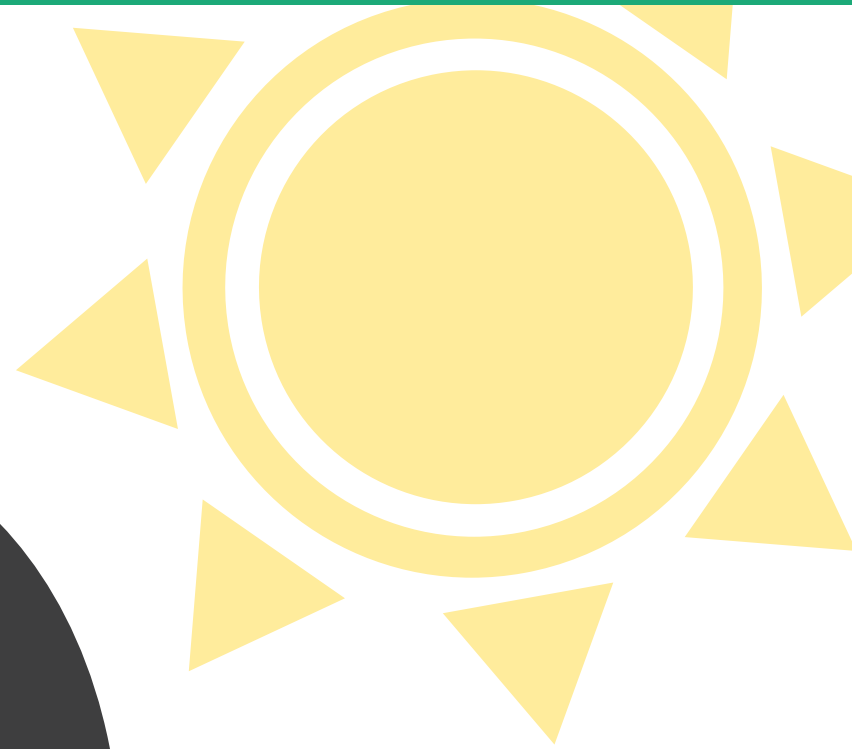


# HOW CAN EXTREME HEAT IMPACT HEALTH?

Extreme heat leads to illnesses such as dehydration, heat cramps, heat exhaustion, and heat stroke.



## BRAIN

- Worsens mental health problems
- Increases aggression and violence
- Increases likelihood of strokes

## HEART

- Increases heart attacks and other heart-related illnesses

## LUNGS

- Increases asthma attacks and other breathing-related illnesses

## KIDNEYS

- Increases kidney failure and other kidney-related illnesses

## Reduce your risk of heat-related illness:

- Speak to your health care provider about your personal risk factors and plan accordingly.
- Monitor the weather for periods of extreme heat or high heat index.
- If you begin to feel dizzy, weak, nauseous or faint, seek medical advice immediately.

## PREGNANCY

- Increases premature births
- Increases likelihood of low birth weight, heart defects, and infant death

