

# It's Getting Hot Out Here: The Urban Heat Island Effect

## What is an urban heat island?

An urban heat island occurs when a city experiences much warmer temperatures than nearby rural areas. Urban heat island effect can lead to worsened air and water quality, higher electricity costs, and increased susceptibility to heat-related illnesses, especially for outdoor workers.

## How does heat affect the body?

### Heat Exhaustion

#### Symptoms

- Cool, moist skin
- Heavy sweating
- Headache
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

#### Treatment

- Drink water
- Get to a cool place
- Apply a cold compress



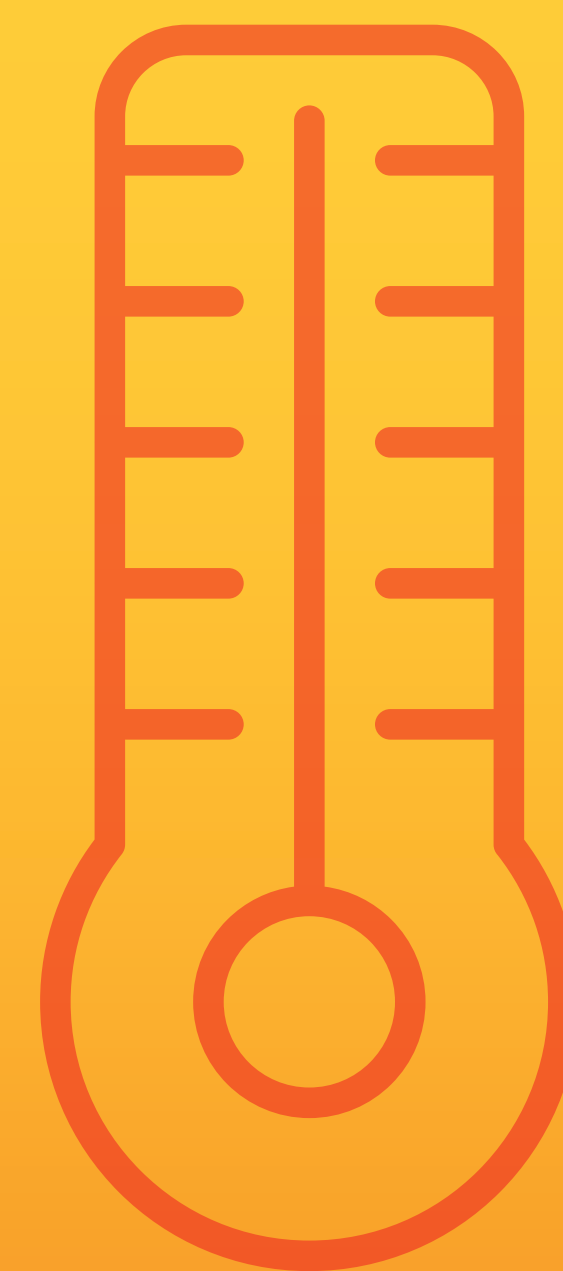
### Heat Stroke

#### Symptoms

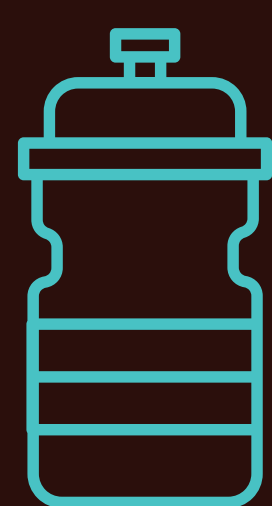
- Confusion, slurred speech
- Loss of consciousness
- Red, hot, and dry skin
- High body temperatures
- Rapid, strong pulse
- Seizures

#### Treatment

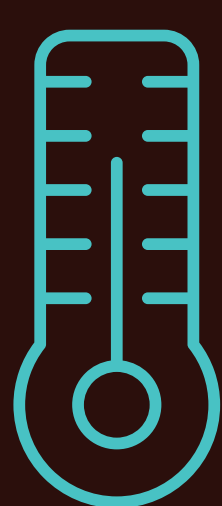
- Call 911
- Move the person to a cool place
- Stay with the person until help arrives



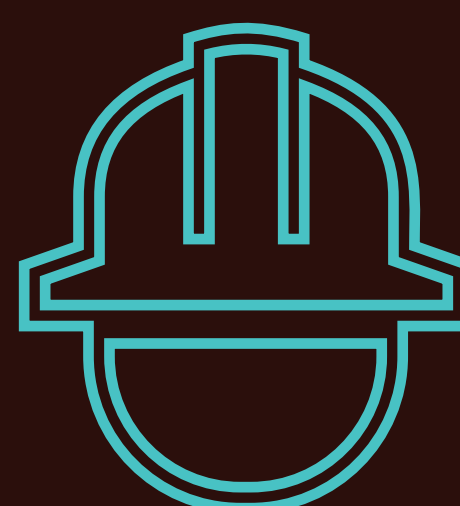
## How do you prevent heat-related illnesses?



Stay Hydrated



Know the temperature  
and humidity



Take frequent  
breaks in the shade



Wear soft,  
breathable clothing