

EXTREME TEMPERATURES

Extreme temperatures (specifically extreme heat events) are common in North Central Texas. While our campus has significant experience with hot temperatures, this does not mean the UNT community is immune from the impacts of these events. Likewise, while UNT is not frequently exposed to severe cold, these incidents are historically possible.

EXTREME HEAT

EXTREME HEAT TERMINOLOGY

- An **Excessive Heat Watch** means conditions are right to create an excessive heat event in the next 24 to 72 hours.
- An **Excessive Heat Advisory** means there will be extremely dangerous heat conditions within the next 12 hours - temperatures are expected to be 100° or higher for at least 2 days, and nighttime air temperatures will not drop below 75°.
- An **Excessive Heat Warning** means there will be extremely dangerous heat conditions within the next 12 hours - temperatures are expected to be 105° or higher for at least 2 days and nighttime air temperatures will not drop below 75°.
- **Heat Index** is what the temperature feels like to the human body – it is a measurement that combines air temperature and relative humidity.

PREPARING FOR EXTREME HEAT

- Do not rely on a fan as your only cooling device - fans can create a false sense of comfort and do not lower body temperatures.
- Cover your windows with curtains or drapes.
- Learn to recognize the symptoms of heat illness.
- Check the UNT Website, social media, and local media for updates regarding heat and weather-related news:
 - [UNT Emergency Management - Facebook](#)
 - [UNT Emergency Management - Twitter](#)

DURING EXTREME HEAT

- Find air conditioning.
- Stay indoors.
- Wear loose, lightweight, light-colored clothing.
- Avoid strenuous activity – especially outside.
- If you are outside, find shaded areas.
- Wear sunscreen, hats, sunglasses, and other protective gear.
- Hydrate by drinking lots of water - avoid caffeine and alcohol.
- Never leave people or pets inside a closed car.
- Check on yourself, family members, neighbors, and pets for signs of heat-related illness.

SIGNS OF HEAT-RELATED ILLNESS

HEAT CRAMPS

Signs:

- Heavy sweating during exercise.
- Muscle pain, or spasms.

Actions: Stop activity and move to a cool place. You should drink water or a sports drink and wait for the cramps to go away. Call a doctor if symptoms get worse or do not go away in 1 hour.

HEAT EXHAUSTION

Signs:

- Heavy sweating.
- Fast and weak pulse.
- Paleness of the skin.
- Tiredness, weakness, nausea, vomiting, muscle cramps, headache, fainting (passing out).

Actions: Find air conditioning and rest, loosen, or remove clothing, put cool wet cloths on body or take a cool shower/bath, and hydrate by drinking water. Call a doctor if symptoms get worse or do not go away in 1 hour.

HEATSTROKE

Signs:

- Body temperature over 103° F, Hot, red, dry, or damp skin.
- Fast, strong pulse.
- Headache, dizziness, confusion.
- Losing consciousness.

Actions: **Call 911 or get the person to a hospital immediately.** Heatstroke is a medical emergency. Move the person to a cooler place and help them cool down until help arrives. For more information about heat-related illness, visit this link: www.ready.gov/heat.

EXTREME HEAT DURING A POWER OUTAGE

During times of extreme heat, we may experience power outages due to high demand in electricity usage. If this happens, it is extremely important that you take action to protect yourself. You can use the tips mentioned above as well as these tips listed below.

- Contact your local health department or locate an air-conditioned shelter in your area.
- Drink lots of water and try to stay cool.
- Keep your pets hydrated.
- Take cold showers or baths.
- Move to the lowest level of your home or building as cool air falls.
- Block the sun from windows by using curtains, drapes, blinds, or lining with aluminum foil.
- Keep your fridge or freezer closed – food can stay good up to 4 hours during a power outage.
- Keep windows and doors closed – try not to let cool air out and warm air in.
- Watch for symptoms of heat-related illness in yourself and those around you.

EXTREME COLD

Extreme cold may be considered any temperatures below freezing (32 degrees F). During an extreme cold event, your body must work extra hard to regulate a normal body temperature. Though extreme cold is relatively rare in North Texas, it is not impossible; below normal body temperatures can be fatal, so extreme cold must be taken seriously each time it occurs.

Cold temperatures can become especially dangerous when the air temperature is extremely cold and the wind is blowing at high speeds. Wind can cause heat to leave your body more rapidly, making it difficult for you to remain insulated.

The following information will describe what you can do during extreme cold to be prepared and prevent cold-related illnesses.

PREPARE

The best time to prepare for extreme cold is before it occurs. Take some or all the following actions to be ready for extreme cold:

- Pay attention to weather reports, freezing weather, and winter storm warnings.
- Prepare and plan for what you would do in the event of a power outage.
- Purchase warm clothes that would be appropriate for layering.
- Gather supplies in case you need to stay home for several days without power.

DURING EXTREME COLD

During an extreme cold event, take some or all of the following actions to prevent cold-related illnesses emergencies:

- Limit your time outside.
- Wear many layers of clothing if you must go outside.
- Monitor for emergency information and alerts.

- Close blinds or curtains to keep heat in the home.
- Close off rooms you are not using to avoid wasting heat.
- Stuff towels or rags in cracks under doors.
- Check on your neighbors and other individuals who may be more susceptible to the cold (older adults and young children).
- Stay off roads if there is also winter precipitation such as snow, freezing rain, or ice – If you must drive, practice extreme caution.
- Be alert for signs of hypothermia or frostbite.

COLD-RELATED ILLNESSES

It is important to know the signs of cold-related illnesses and how to respond to those illnesses. Elderly individuals, children, and those with underlying health conditions are especially at risk; however, anyone can be impacted. The best method to prevent cold-related illness is to stay warm, stay indoors, and—if you must go out—**BUNDLE UP**. The following information will discuss two cold-related illnesses that you should be aware of. The key in any cold-related illness is quick response.

FROSTBITE

Frostbite is caused by freezing of the skin and tissue. Frostbite causes a loss of feeling and color around the face, fingers, and toes. Other symptoms of frostbite include numbness, white or grayish-yellow skin, and firm or waxy skin.

If an individual experiences frostbite, they should take the following actions:

1. Go to a warm room.
2. Soak skin in warm water.
3. Use body heat to warm – DO NOT massage the skin or use a heating pad.
4. Seek medical attention if symptoms do not improve.

HYPOTHERMIA

Hypothermia is when the human body reaches an unusually low body temperature (any temperature below 95 degrees F). The symptoms of hypothermia include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness.

If an individual experiences hypothermia, they should take the following actions:

1. Go to a warm room.
2. Warm the center of the body first—chest, neck, head, and groin.
3. Keep dry and wrapped up in warm blankets, including the head and neck.
4. Seek medical attention if conditions do not improve.