


Victim of Arizona Heat



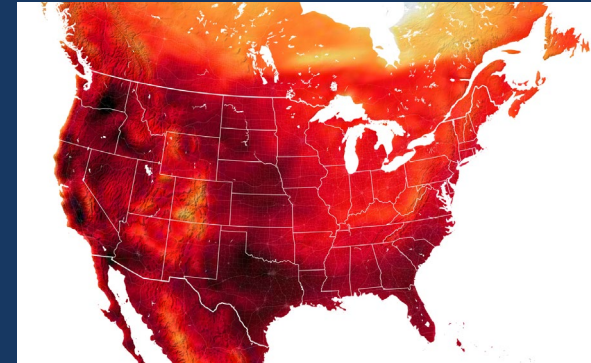
 Timothy Young is organizing this fundraiser.

ALL-TIME RECORD TEMPERATURES SET ON SEPTEMBER 6, 2022

Santa Rosa	115°
Napa	114°
Livermore (tied)	116°
Redwood City (tied)	110°
San Jose	109°
King City	116°



 weather.gov/bayarea
weather.gov/heat



Heat and health



The Medical Society Consortium on
CLIMATE & HEALTH

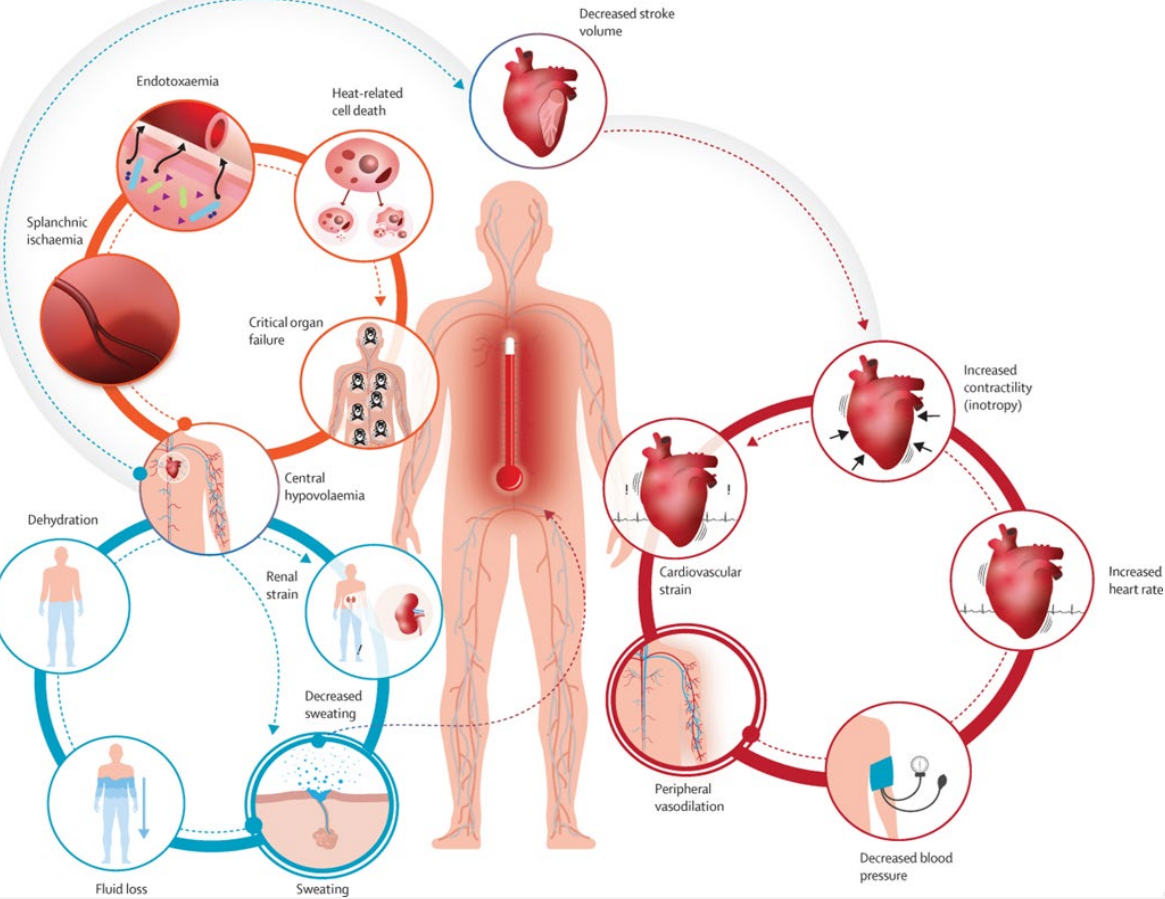
Climate change, heat, and health



“Physicians raced to provide fluids to patients who arrived breathless, dizzy and drenched in sweat. Others were brought in on stretchers, their body temperatures so high their central nervous systems had shut down. Those who could still speak told of stifling apartments and sun that made their skin sizzle. Some had tried to walk to county cooling shelters, only to collapse in the blistering heat.”

Washington Post. “Climate change has gotten deadly. It will get worse.” 7/3/21

What the heat feels like for residents living it



- As your internal body temp increases 2 things happen:
 - Body start sweating
 - Peripheral vasodilation sends more blood to the periphery
- If that doesn't cool you off...
 - Heart starts pumping faster to send more blood to periphery
 - Blood volume drops from volume lost from sweating
- If this goes on
 - End organ damage can result from prolonged peripheral vasodilation
 - Heat stroke/death can result

Heat Exhaustion

Faint or dizzy

Excessive sweating

Rapid, weak pulse

Nausea or vomiting

Cool, pale, clammy skin

Muscle cramps

vs.

Heat Stroke

Throbbing headache

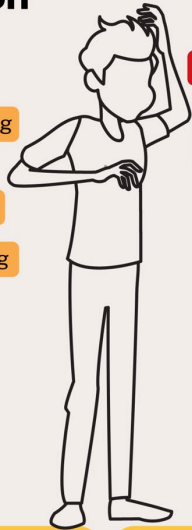
Confused, may lose consciousness

Rapid, strong pulse

Nausea or vomiting

Body temperature above 103°

Red, hot skin



Help the person get to a cooler, air conditioned place. Encourage them to drink water if they're fully conscious.



Call 911. Get the person cool rapidly by laying them in cool water or dousing them with it.

For more information, visit healthoregon.org/preparedness

Oregon
Health
Authority

While there are a growing number of resources to educate the public and vulnerable populations to risks of extreme heat, deaths in vulnerable populations (outdoor workers, unhoused, incarcerated, elderly) indicates that there is much more work to do



The Medical Society Consortium on
CLIMATE & HEALTH

Heat, vulnerability, and health impacts

- Pregnant individuals at higher risk for adverse birth outcome (Bekkar et al)
- Households living in poverty may not be able to afford energy bills for AC (NRDC 2006)
- Infants in particular cannot effectively thermoregulate placing them at high risk for death in 1st week of life (Basagna et al)
- Outdoor workers often don't have protections in place or places to cool down during heat events



Quantifying health harms of heat waves

- Death certificates are unreliable
- Currently, counties are providing gross counts like the example below that is an undercount
- Increasing efforts by health professionals for more education/training on recognizing effects of extreme heat and including it on documentation, including ICD10 codes.

NEWS > WEATHER • News

As temperature records shattered, Santa Clara County saw huge increase in heat deaths last year

The total of 38 deaths determined to be heat-related far outnumbered preceding years



By [HARRIET BLAIR ROWAN](#) | hrowan@bayareanewsgroup.com | Bay Area News Group

UPDATED: April 8, 2025 at 4:37 AM PDT



The Medical Society Consortium on
CLIMATE & HEALTH

Actions for Health Systems to Take To Prevent Adverse Health Outcomes during Extreme Heat Events

Level of Prevention	Definition	Examples	Health System Action
Primary	Elimination or reduction of exposure to EHE	Urban greening campaigns	Use community benefit dollars for urban greening campaigns
Secondary	Softening the impact of exposure to extreme heat	Investment in community resilience centers to improve access to cooling and/or air conditioning	Provide resources and education on cooling centers during patient encounters and in hospitals and/or clinics
Tertiary	Decreasing adverse outcomes when exposure to extreme heat occurs	Provide coordinated messaging between public health, health systems, and community members on how to stay safe during EHE	Partner with public health departments to coordinate messaging during extreme heat events. Identify and work with community champions to provide heat messaging and information during EHE
		Expand areas of cooling to include hospitals	Allow vulnerable residents to use hospital waiting rooms as places of cooling during EHE
* EHE = extreme heat event. Source: The authors			

Patel, L. et. al. 2022. "Climate change and Extreme Heat Events: How Health Systems Should Prepare." NEJM Catalyst (2022).