

Hot Days, Warm Nights

in Missoula



Summer in Missoula can be a glorious time of year. But with a changing climate, summers increasingly bring hotter days and warmer nights to our valley. There's a lot we can do to understand the risks, adjust our activities, and keep cool, right now and in summers to come.

What's the problem?

Exposure to high daytime heat can be dangerous, especially the longer you're in it and the more active you are. Engaging in vigorous physical activity or simply working outdoors when it's in the 90s or triple digits puts us at risk from heat stress - both heat exhaustion and heat stroke. Extreme temps can also make us moody, irritable, and stressed.

Who is at risk?

Everyone is at risk when it is hot, but especially very young children, pregnant women, elderly, and those with chronic pre-existing conditions (respiratory, cardiovascular, and diabetes). Extreme heat can kill, directly via heat stroke or indirectly via increased risk of heart attack and stroke. Those working active jobs outdoors are at risk. Of particular concern are homebound seniors whose residences are not easily cooled.

What do I do about heat illness?

Heat Exhaustion:

- ✓ Get to a cooler, air conditioned or shaded place, drink water, take a cool shower or use a wet compress, and rest!

Heat Stroke:

- ☎ Call 911, then take immediate action to cool the person until help arrives (ice bath, cold compresses, get under shade, etc.)



CHECK the Weather

Forecast before heading out! There are many websites or local news options. Try www.weather.gov.

RECOGNIZE heat-related illness

Heat exhaustion

- o Feeling faint or dizzy
- o Excessive sweating
- o Cool, clammy skin
- o Nausea or vomiting
- o Rapid, weak pulse
- o Muscle cramps

Heat stroke

- o Throbbing headach
- o No sweating
- o Red, hot, dry skin
- o Nausea or vomiting
- o Rapid, strong pulse
- o May lose consciousness

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What can my family do?

- **Head inside.** Find a cool place with air conditioning or other cooling features. Visit our website for the “Cool Places” interactive map.
- **Stay cool outside.** When outdoors, seek shade or water (the river, a sprinkler). Wear light-weight and light-colored clothing. Take cool showers before heading out or carry your own “mister”. Exercise in the early morning or late evening.
- **Stay hydrated.** Drink more water than usual - don’t wait until you’re thirsty. Carry a water bottle to avoid buying water! Avoid alcohol or sugary drinks and remind others to drink water.
- **Stay informed.** Check local news for extreme heat alerts and safety tips. Plan your outdoor adventures or work accordingly. Know the symptoms of heat illness.
- **Stay connected.** Check on neighbors (people and pets) to see how they’re weathering the heat. Connect others to resources they may need. It’s especially important to check on the elderly in our community.

What can I do at home?

- **Windows (even doors):** Keep them open at night, closed with blinds drawn during the day.
- **Fans are your friend:** They use less energy than A/C. At night place one in a window facing in to bring in cool air, and one facing out to push out warm air.
- **Lights, stove, oven:** If your light bulbs are hot, replace them with cool, energy-efficient LEDs. Avoid slow-cook dishes and the oven - fire up the BBQ outside if you can! Use appliances sparingly.
- **Shade outside:** Use umbrellas, cloth, trees and shrubs. Blinds on the outside are more effective than inside. Add what you can this summer and plant the right tree in the right place for future years. And do water your trees during July and August!



For more information, visit climatesmartmissoula.org
Contact us: info@climatesmartmissoula.org

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