



Hotter Days & Warmer Nights in Missoula

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.

Who is at risk?

Everyone is at risk when it is hot, but especially young children, pregnant women, and those with pre-existing or chronic conditions (respiratory, cardiovascular, and diabetes). Extreme heat can kill, directly via heat stroke or indirectly via increased risk of heart attack and stroke.

RECOGNIZE ILLNESS

Heat Exhaustion

- feeling faint or dizzy
- excessive sweating
- cool, clammy skin
- nausea or vomiting
- rapid, weak pulse
- muscle cramps

Heat Stroke

- throbbing headache
- no sweating
- red, hot, dry skin
- nausea or vomiting
- rapid, strong pulse
- may lose consciousness

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 into the future.



What Can We Do?

When it is Hot:

- **Stay cool.** Find a cool shelter or place to be inside. Check out our cool places map. When outside, seek shade or water (the river, a sprinkler). Wear light weight, light-colored clothing. Take cool showers or carry a "mist-er". Exercise early or late in the day.
- **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 plenty of 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 friends and neighbors (people and pets) to see how they're weathering the heat. Connect others to resources they may need.

At Home:

- **Windows** (even doors): Keep them open at night, closed with shades 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 another 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 all appliances sparingly.
- **Nights matter.** Do what you can to sleep cool and give your body the break it needs to stay healthy.

TREAT ILLNESS

Heat Exhaustion

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

Heat Stroke

Call 911, then take immediate action to cool the person until help arrives (ice bath, cold compresses). Be out of the direct sun.

What else?

Visit a "Cool AirRespite" location - generally a place with A/C - could be a museum, movie theater, the library, etc. For a MAP of these locations, see the Summer Smart web-pages on our website.



**REST
HYDRATE
SEEK SHADE
COOL your HOME**



For more info: climatesmartmissoula.org; info@climatesmartmissoula.org

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