



## Social Media: Heat

#HeatSafety #BeatTheHeat #SummerSafety

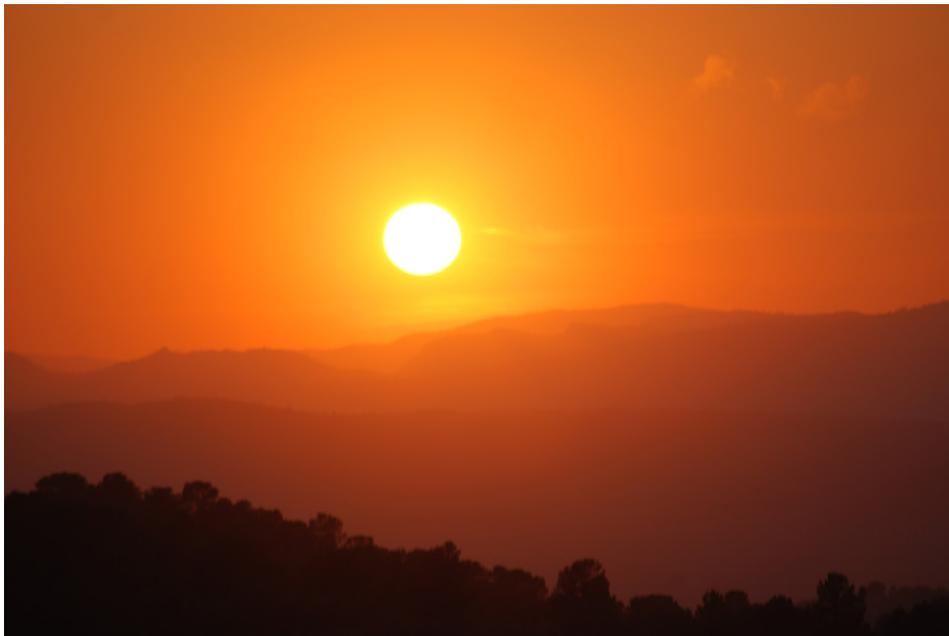
*Please help the NWS spread these important safety messages on social media! Everyone is welcome to use the text and images provided below to help the NWS build a Weather-Ready Nation.*

Facebook:

Heat is typically the leading cause of weather related fatalities each year. A heat wave is a period of abnormally hot and humid weather, generally lasting more than 2 days. Heat waves have the potential to cover a large area, exposing a high number of people to a hazardous combination of heat and humidity, which can be very taxing on the body. Learn how to stay safe during a heat wave at [www.weather.gov/heatsafety](http://www.weather.gov/heatsafety) #HeatSafety

Twitter:

Heat wave: a period of abnormally hot & humid weather, lasting 2+ days. Stay cool  
[www.weather.gov/heat](http://www.weather.gov/heat) #HeatSafety



Facebook:

Heat waves can be deadly! They can also happen anywhere in the U.S., even Alaska and Hawaii. For more: <http://1.usa.gov/1IMW9yG> #HeatSafety

Twitter:

Heat waves can happen anywhere in the U.S., even Alaska and Hawaii.  
<http://1.usa.gov/1IMW9yG> #HeatSafety



Facebook:

Protect yourself from the heat while working or playing outside this summer. Drink plenty of water to stay hydrated and apply sunscreen regularly. Also, dress in lightweight and light colored clothing and wear a wide brimmed hat. [www.weather.gov/heatsafety](http://www.weather.gov/heatsafety) #HeatSafety

Twitter:

Sunscreen is a must for everyone under the sun! Protect your skin! [www.weather.gov/heat](http://www.weather.gov/heat) #BeatTheHeat #HeatSafety



Facebook:

Spending time in the sun on vacation this summer? Apply plenty of sunscreen! Also keep in mind that heat related illness is a possibility if you don't take certain precautions. Find out more about heat related illnesses and how to prevent them at [www.weather.gov/heatsafety](http://www.weather.gov/heatsafety) #HeatSafety

Twitter:

Spending time in the sun? Apply sunscreen and avoid heat related illness:  
[www.weather.gov/heat](http://www.weather.gov/heat) #HeatSafety



Facebook:

When it is hot, wear lightweight, loose fitting, light-colored clothing to reflect heat and sunlight. Hats are also a good idea to protect your face and scalp from harmful UV rays if you will be spending time directly in the sunshine. And apply sunscreen liberally.

[www.weather.gov/heatsafety](http://www.weather.gov/heatsafety) #HeatSafety

Twitter:

Find out how to dress to #BeatTheHeat! [www.weather.gov/heatsafety](http://www.weather.gov/heatsafety) #HeatSafety

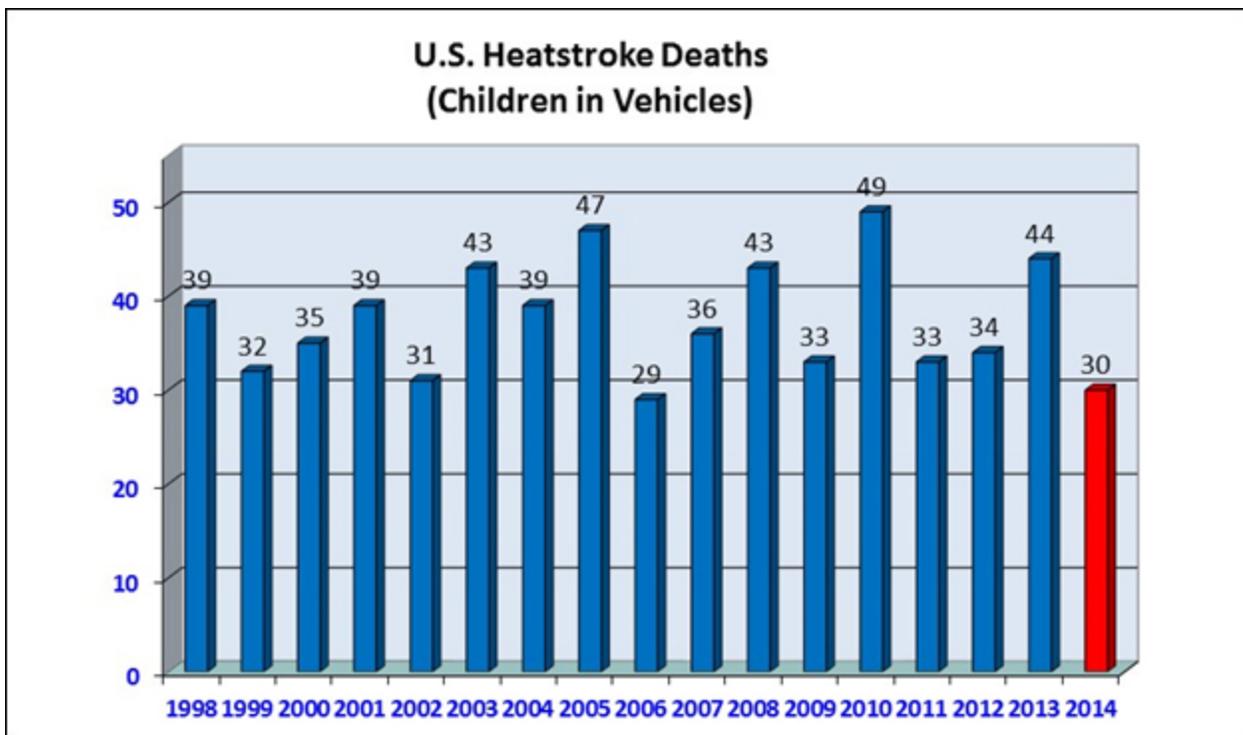


Facebook:

Never leave children, disabled adults or pets in parked vehicles. Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Leaving the windows slightly open does not significantly decrease the heating rate. The effects can be more severe on children because their bodies have not developed the ability to efficiently regulate its internal temperature. <http://1.usa.gov/1zk7PW0>  
#HeatSafety

Twitter:

Never leave children, disabled adults or pets in parked vehicles. <http://1.usa.gov/1zk7PW0>  
#HeatSafety

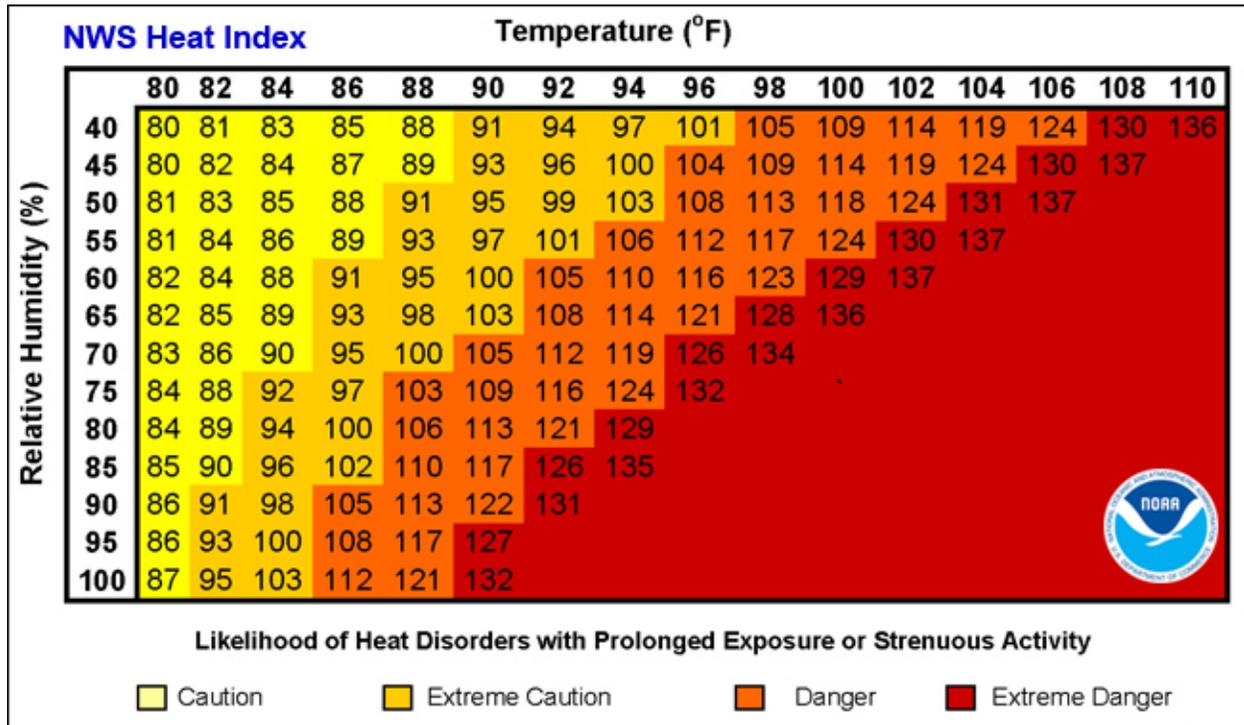


Facebook:

Did you know the air temperature can actually feel hotter than what the thermometer reads? The Heat Index is a measure of how hot it really feels when relative humidity is factored in. To find out how hot it feels, you can use the pictured chart or the Heat Index calculator found at: <http://1.usa.gov/1GLRN7n> #HeatSafety

Twitter:

The Heat Index tells you how hot it feels when relative humidity is factored in. <http://1.usa.gov/1GLRN7n> #HeatSafety



Facebook:

Outdoor workers can be at a higher risk to the effects of excessive heat. When working under hot conditions, OSHA recommends #WaterRestShade and allowing more frequent breaks for new workers or workers who have been away from the job for a week or more (acclimatization). Knowing symptoms, prevention and emergency response methods can help prevent heat-related illnesses and death. Check weather forecasts ahead of time to be better prepared. [www.osha.gov/heat](http://www.osha.gov/heat)

Twitter:

Working outside in the #heat today? Make sure you get #WaterRestShade! Learn more at <http://www.osha.gov/heat> #OSHA



Facebook:

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. Learn the symptoms of excessive heat exposure and the appropriate responses. <http://1.usa.gov/1JeuVxt> #HeatSafety

Twitter:

Learn the symptoms of excessive heat exposure and the appropriate responses. <http://1.usa.gov/1JeuVxt> #HeatSafety

