Extreme Heat

Maine is experiencing more extreme heat days that increase the risk for heat-related illness.

MPHA
Maine Public Health Association

## Here is what you need to know to stay safe in the heat.

Extreme heat: A period of high heat and humidity with temperatures above 90 degrees for at least two to three days. **Estimates** project a two to four-fold increase in the number of days over 90 degrees in Maine by the 2050s.

Tips to Stay Safe and Prepared

QUICK TIPS

- Identify cool places in your community, like libraries, grocery stores, and community centers. During extreme heat, find nearby cooling centers on the **Maine Emergency Management Agency website**.
- Invest in heat pumps to cool your home. **Learn about rebates here.**
- Upgrade your insulation for better temperature control. **Explore rebates here**.
- Use window AC units or, as a budget-friendly option, run fans and keep windows and shades closed during the day.
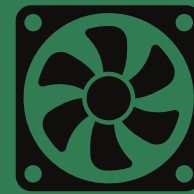
Tips for Staying Safe in The Heat

stay safe

- Check on neighbors, especially those living alone, older adults, people with limited mobility, or without air conditioning. Share cold water, lend a fan, or invite them into your air-conditioned space.
- Set your ceiling fan to spin counterclockwise for a cooler breeze. Find more tips **here**.
- Stay out of direct sunlight when outdoors.
- Wear lightweight, breathable clothing and a wide-brimmed hat.
- Take a cool (not cold) shower or bath.
- Rest in the coolest area of your home, like a basement or the lowest level.
- Never leave a child, adult, or pet in a parked car on warm days.
- Avoid strenuous activities and take regular breaks.
- Protect pets: Learn how to keep pets safe in the heat with tips from the **American Red Cross**.

Remember to Stay Hydrated

STAY HYDRATED

Stay hydrated by drinking water regularly, even if you're not thirsty. Avoid alcohol, caffeine, and sugary drinks. If active outside, use diluted electrolyte drinks. Enjoy fruits like watermelon, oranges, and berries—they're 80-90% water!