

# TOWN OF BEDFORD

BEDFORD, MASSACHUSETTS 01730

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## HEALTH AND HUMAN SERVICES

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### Excessive Heat Watch

There is an excessive heat watch in place for Middlesex County starting Tuesday, June 18<sup>th</sup> in the afternoon through the evening of Friday, June 21<sup>st</sup>.

#### What is an excessive heat watch?

An *excessive heat watch* is issued with an *excessive heat warning* when a heat index is forecast to hit 105 degrees or higher. *Heat index* is what the weather feels like, combining humidity with the air temperature.

#### Why is it important to prepare for an excessive heat watch?

Extreme heat can be very dangerous and even life-threatening if precautions are not taken. Most heat-related illnesses occur because the victim has been over-exposed to heat.

#### What are some common heat-related illnesses?

- Heat stroke: the most severe heat-related illness. This occurs when the body can no longer control its temperature, causing the body to be unable to cool down.
- Heat exhaustion: the body's response to loss of water and salt through excessive sweating.

Heat Exhaustion	Heat Stroke
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

- Heat rash: skin irritation cause by excessive sweating
  - Symptoms: red clusters of pimples or small blisters
  - What to do: keep the rash area dry and apply powder for comfort

### Who is at the highest risk for heat injury?

People over 65 years, children under the age of 5 years, and people who work outdoors.

### What can I do to stay safe during times of extreme heat?

- Never leave children or pets alone in a closed vehicle.
- Stay inside as much as possible: if you do not have air conditioning, stay on the lowest floor of your home and out of the sun, or visit one of our cooling centers (listed below).
- If you must be outside: limit activity to morning and evening hours, rest in the shade, drink plenty of water, and wear sunscreen.

### If your home does not have air conditioning, consider visiting one of these locations:

Bedford Council on Aging: 12 Mudge Way, Bedford MA

- Monday-Thurs: 8 am - 4 pm, Saturday: 10 am - 3 pm; Sunday: closed (also closed on Wednesday, June 19<sup>th</sup> for Juneteenth)

Bedford Public Library: 7 Mudge Way, Bedford MA

- Monday-Thurs: 9 am - 9 pm; Friday: 9am - 6 pm; Saturday: 9 am – 5 pm, Sunday: closed (also closed on Wednesday, June 19<sup>th</sup> for Juneteenth)

Burlington Mall: 75 Middlesex Turnpike, Burlington MA

- Monday-Thurs: 10 am - 8 pm; Friday-Saturday: 10 am – 9 pm; Sunday: 11 am – 6 pm

During this current excessive heat watch, a cooling center will be open in the Training Room at the Bedford Police Department, 2 Mudge Way, from Tuesday, June 18th through Friday, June 21st from, 8 am – 4 pm.