

Heat-Related Illnesses Health Advisory

July 2, 2024

Situational Update

Last year was the warmest year on record¹ and new records are already being made this year. Heat can cause various heat-related illnesses, including heat stroke, heat exhaustion, rhabdomyolysis, heat syncope, heat cramps, and heat rash.² Although anyone can suffer from heat-related illnesses, certain groups may be at higher risk, including:

- People, especially children, with asthma
- People with heart disease
- Pregnant women
- People 65 years of age or older
- People who are working or exercising outside in the heat
- Infants and young children

The Centers for Disease Control and Prevention (CDC) has developed several new heat and health related tools this year, including the [Heat Health Tracker](#), [Heat and Health Index](#), [HeatRisk](#) Dashboard, and [Clinician Guidance](#). The Clinician Heat Guidance provides information on how heat affects certain high risk groups as well as how to assess and educate patients with certain risks factors.

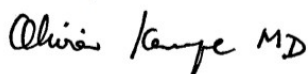
Actions Requested of Healthcare Systems and Clinicians:

1. **Learn** how heat can affect patients at high risk for heat-related illnesses.
2. **Assess** risk factors that may make heat or poor air quality more likely to affect patients at high risk.
3. **Education** high risk patients about how to stay cool during hot days, staying hydrated, and medication management during heat events (orange, red, and magenta HeatRisk days).

Resources:

1. 2023 was the warmest year in the modern temperature record (NOAA): [https://www.climate.gov/news-features/featured-images/2023-was-warmest-year-modern-temperature-record#:~:text=The%20year%202023%20was%20the,decade%20\(2014%E2%80%932023\)](https://www.climate.gov/news-features/featured-images/2023-was-warmest-year-modern-temperature-record#:~:text=The%20year%202023%20was%20the,decade%20(2014%E2%80%932023))
2. Heat Stress – Heat Related Illness (CDC): <https://www.cdc.gov/niosh/topics/heatstress/heatrelillness.html>
3. Clinical Guidance (CDC): <https://www.cdc.gov/heat-health/index.html>
4. HeatRisk (CDC): <https://ephtracking.cdc.gov/Applications/HeatRisk/>

Sincerely,



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