

HEAT AWARENESS

Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely

On average, extreme heat has killed more people in the last 10 years than any other weather phenomena. **Remember these tips for staying safe in extreme heat:**

Hydrate. Whether you feel thirsty or not, drink plenty of water to avoid becoming dehydrated, especially when you are working in direct sun or exercising outside.

Educate yourself. Keep up with the latest temperature and heat index forecasts and current readings (take actions to stay cool and safe when the temperatures hits 85 degrees or the heat index hits 90 degrees). Know the warning signs of a heat illness, and how you can stay cool.

Act quickly when a heat illness is suspected. Seek medical attention immediately for any of these warning signs: cramping, rapid pulse, heavy sweating, hot red skin, dizziness, confusion, nausea, vomiting.

Take it easy. Anyone working or exercising outdoors should avoid overexertion, especially between the hours of 11 am and 6 pm. Take hourly breaks in the shade or in air conditioning.

Workers who work in hot environments indoors or outdoors, or even those engaged in strenuous physical activities, may be at risk for heat stress.

The different types of heat illness include: heat exhaustion, heat syncope, heat cramps, heat rashes, and heat stroke. Heat can also increase workers’ risk of injuries, as it may result in sweaty palms, fogged-up safety glasses, dizziness, and may reduce brain function responsible for reasoning ability, creating additional hazards.

Many outdoor workers get uncomfortably hot during summer. Employers are responsible for providing a safe workplace – free from unsafe exposure to heat that can result in injuries, disease, reduced productivity, and death.

Employees: Learn to recognize signs that you or your coworkers need to cool down. Be ready to seek help if you or your coworkers are disoriented, confused, or slurring speech.



Heat Illness Prevention

Water. Rest. Shade.

NATIONAL PREPAREDNESS MONTH



National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

This year’s national public service announcements are being developed and will be released throughout the country this September, to help get preparedness information into the hands of those who live in underserved communities.

The life you’ve built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family.

BUILDING A KIT WITH EVERYONE IN MIND

A basic emergency supply kit could include the following recommended items:

- ✔ Water (one gallon per person per day for several days, for drinking and sanitation)
- ✔ Food (at least a several-day supply of non-perishable food)
- ✔ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ✔ Wrench or pliers (to turn off utilities)
- ✔ Flashlight
- ✔ First aid kit
- ✔ Extra batteries
- ✔ Face masks
- ✔ Plastic sheeting and duct tape (to shelter in place)
- ✔ Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- ✔ Manual can opener (for food)
- ✔ Local maps
- ✔ Cell phone with chargers and a backup battery
- ✔ Whistle (to signal for help)

CLEAN! DISINFECT! SANITIZE! STERILIZE!



From television commercials to your parents to advertisements, we've heard the above terms hundreds of times in one way or another. Since they are often used interchangeably, many of us confuse them and don't realize definitions are not the same. So, let's differentiate:

- **To Clean:** When we clean, we remove particles resting on a surface. This includes dirt, dust, crumbs, oils, and other opaque particles.
- **To Sanitize:** Sanitizing reduces microbes (not viruses) to a safe level. After we sanitize a surface, some microbes are still present but not in quantities sufficient enough to be hazardous. The EPA registers sanitizing products.
- **To Disinfect:** Disinfecting kills all the bad microorganisms (Viruses and Bacteria); keep in mind that not all microorganisms are harmful. Remember, disinfection involves "contact time." Contact time for effective disinfection ranges from 1 to 10 minutes, depending on the product (See chart below). Since the methods may vary, the user should follow the manufacturer's instructions. Moisture should be observed on a surface and allowed to dry on its own. To find disinfectants for use against SARS-CoV-2 (COVID-19), see List N.
- **To Sterilize:** This process involves killing everything, good and bad. Depending on the surface area, this can be an expensive, arduous undertaking. In most cases, sterilizing is overkill (pardon the pun!) and is not always needed in most environments (e.g., home, office, etc.). You often see sterilization conducted in hospitals, manufacturing, clean rooms, and other settings where cleanliness is critical.

One thing to remember is that for sanitizing, disinfection, or sterilization to be successful, cleaning must occur first! Dirt, oils, crumbs, etc., on a surface, must be removed for sanitizing, disinfection, or sterilizing to be successful.

For more information:

[Disinfection & Sterilization Guidelines | Guidelines Library | Infection Control | CDC](#)

[What's the difference between products that disinfect, sanitize, and clean surfaces? | US EPA](#)

CLEANING AND DISINFECTING

Best Practices

Good Idea	Be Careful	Don't Do It
<p>Follow CDC, State, and Local Public Health Guidelines</p> <p>According to the Centers for Disease Control and Prevention (CDC), COVID-19 is mainly spread through the air. The risk of getting the virus by touching a contaminated surface is thought to be low.</p> 	<p>Be Careful Using Disinfectants Around People with Asthma</p> <p>Disinfectants can trigger an asthma attack. If you have asthma, you may need to take extra precautions like avoiding areas where people are cleaning and disinfecting or making sure the space is well ventilated.</p> 	<p>Don't Ask Children or Students to Apply Disinfectants</p> <p>Disinfectants are powerful tools for controlling the spread of disease, and they can harm kid's health if used or stored incorrectly. Children and students should not apply disinfectants, and they should be kept out of children's reach.</p> 
<p>Clean Surfaces with Soap and Water</p> <p>Normal routine cleaning with soap and water lowers the risk of spreading COVID-19 by removing germs and dirt from surfaces. In most situations, cleaning is enough to reduce risk.</p> 	<p>Be Careful with Fogging, Fumigating, and Wide-Area or Electrostatic Spraying</p> <p>Make sure your product's label includes directions for the application method. Follow all directions, including precautions. If a product isn't labeled for these application methods, using it that way might be risky or ineffective.</p> 	<p>Don't Ignore the Label Directions</p> <p>If you don't follow the label directions, disinfectant products may be ineffective or unsafe. Do not apply disinfectants to skin, pets or food. Do not dilute disinfectants or mix them with other chemicals unless the label tells you to. Don't think that twice the amount will do twice the job.</p>  
<p>Use EPA-Registered Disinfectants According to Label Directions</p> <p>Disinfectants further lower the risk of spreading COVID-19 by using chemicals to kill germs. Use disinfectants on high-touch surfaces when you know or suspect someone around you is sick with COVID-19.</p>	<p>Be Careful With UV Lights or Ozone Generators</p> <p>UV lights or ozone generators may be risky or ineffective. EPA cannot verify if or when it is appropriate to use these devices. Check out the guidance at: go.usa.gov/xHcckJ</p> 	<p>Don't Use Unregistered Disinfectants</p> <p>If a product says that it kills SARS-CoV-2 (COVID-19), but it doesn't have an EPA registration number, it may not be safe or effective. Federal law requires disinfectants to be registered with EPA.</p> 



For CDC public health guidelines, visit: [go.usa.gov/xHc8g](https://www.go.usa.gov/xHc8g)
 For information on disinfectants, visit: [epa.gov/coronavirus](https://www.epa.gov/coronavirus)

April 2021