

# What's up with the heat!

Let's all get hydrated

## ¿What is it?

A **heat wave** is a period of extreme high temperature, usually accompanied by humidity; it may last several consecutive days

## Characteristics

It lasts more than

**3 days**

It produces water loss by evaporation



It happens mainly during the afternoon



In some places it has reached 57 °C (134.6 °F)

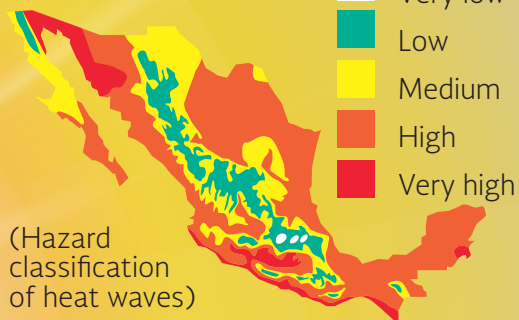
## Major impacts during the year

Greater number of human losses  
Temperature above 40 °C (104 °F)



It is more common in cities due to deforestation and pollution

Local occurrence



## Protect yourself

- Avoid sun exposure from 11 am to 4 pm
- Wear loose clothes, with light colors and long sleeves
- Avoid doing intense physical activities under the sun
- Drink plain water, even if you are not thirsty
- Eat fresh food, fruits and vegetables
- Stay under shaded and fresh areas
- Use sunscreen (F15 as minimum)
- Use sunglasses, cap or hat
- Avoid alcoholic beverages

## Effects on the population

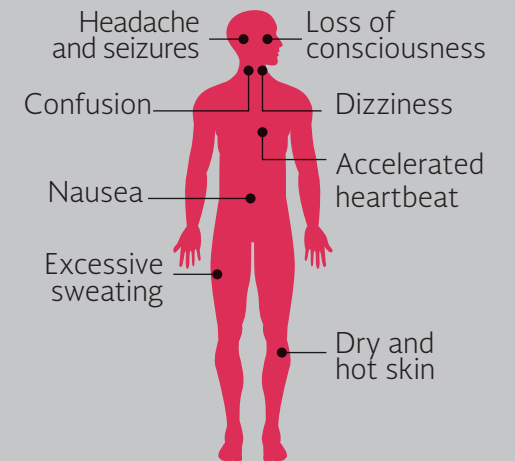
- Sunstroke
- Fainting
- Heat stroke
- Dehydration
- Severe diarrheal diseases
- Skin diseases

Don't stay inside a vehicle with closed windows



Temperature could rise above 50 °C (122 °F)

## Heat stroke symptomatology:



## Highest risk groups

- Children under five
- People with chronic diseases
- Agricultural workers
- Elderly people
- Pets

## Learn more

**National Meteorological Service**  
[smn.cna.gob.mx](http://smn.cna.gob.mx)

**Health Ministry**  
[www.gob.mx/salud](http://www.gob.mx/salud)

**National Center for Disasters Prevention**  
[www.gob.mx/cenapred](http://www.gob.mx/cenapred)

Source: National Center for Disasters Prevention



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CENTRO NACIONAL DE PREVENCIÓN DE DESASTRES



# Heat wave

## Health hazard

### Heat waves classification



#### Temperatures

- Over 40 °C (104 °F)
- 34 a 39.9 °C (93.2 to 103.8 °F)
- 30 a 33.9 °C (86 to 93 °F)
- 26 a 29.9 °C (78.8 to 85.8 °F)

#### Danger

- Very high
- High
- Medium
- Low

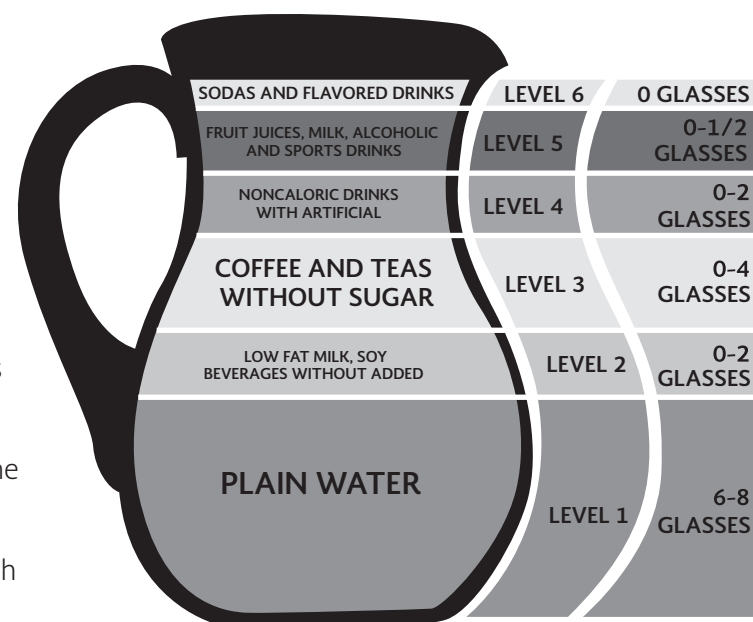
Mexicali



Highly hazardous heat waves occur in Mexico every year. **In 2000, a heat wave in Mexicali lasted more than 90 days**

### Hidration levels

An adult needs **4.1 liters of water** daily, according to the recommended drinking jar from the Health Ministry



### It's hot!



**Human body's temperature is 37 °C (98.6 °F)**, therefore water lost through sweating must be recovered



During the day we drink liquids in several ways, **it's better to drink plain water**

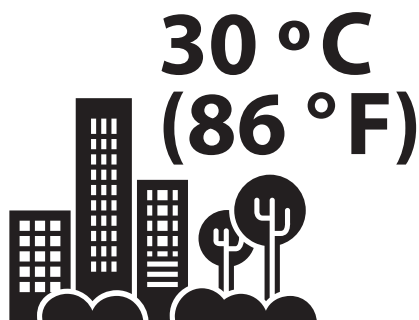


States like those in the **map have reached temperatures above 50 °C (122 °F)**. The highest number of deaths due to heat waves has been registered in Sonora

### Deaths in the World



The summer heat wave of 2010 in Europe **killed more than 55 000 people**



The thermal stress affects rural areas; however it's particularly serious in cities, where temperature can reach more than 5 °C (41 °F), due to limited green areas, thus causing the phenomenon known as heat island

The heat island is formed by buildings and streets where it's hard to disperse the accumulated heat of the surface. Mexico City has heat index traffic light, which is activated when the temperature exceeds 30 °C (86 °F)

### Be informed:

**Civil Protection Ministry  
Mexico City Government**  
<http://www.proteccioncivil.df.gob.mx/Semaforodeindicadecalor.html>

More than

# 3500

people died in India and Pakistan, due to temperatures that exceeded **45 °C (113 °F)**, during May and June 2015