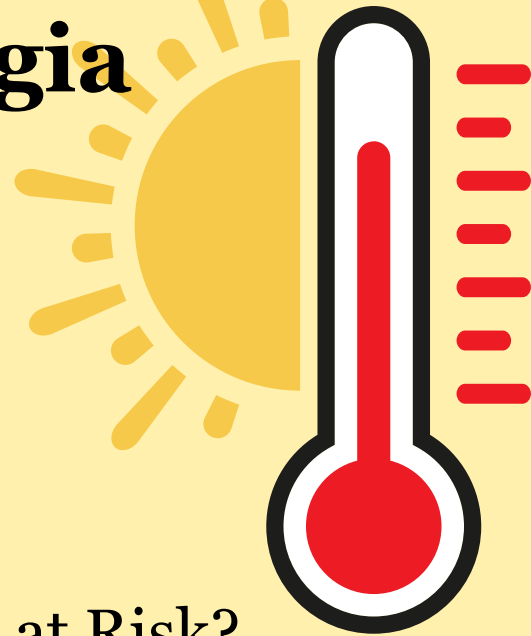


Extreme Heat in Georgia



What is Extreme Heat?

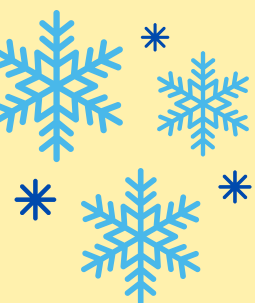
- Prolonged periods of high temperatures, often paired with high humidity.
- Climate change is increasing the frequency and severity of extreme heat events.

Who is Most at Risk?



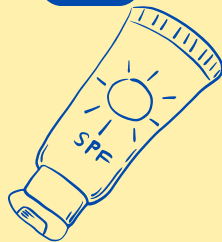
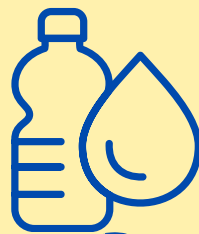
*Older adults, infants, and individuals with chronic illnesses (heart disease, diabetes, respiratory conditions).

*Outdoor workers (i.e. farm laborers and construction workers)



How to Stay Safe

- Stay Hydrated
- Hydration Stations: Water bottle refill stations at parks, transit hubs, and community centers.
- Dress for the Heat: Wear lightweight, loose-fitting, light-colored clothing, and apply sunscreen.
- Cooling Centers: Free, air-conditioned public spaces—check public recreation locations such as libraries.



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