

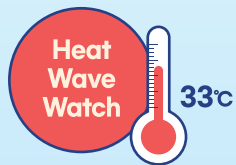
What is Heat wave?

“Extreme hot weather”
“Sudden severe heat”

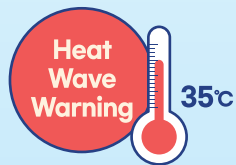


Warning Level

The Korea Meteorological Administration (KMA) issues two levels warning with the sensible temperatures estimated by using the air temperature and humidity.



When the excessive daily maximum temperature of 33°C lasting 2 days or more is expected.



When the excessive daily maximum temperature of 35°C lasting 2 days or more is expected.

Find the warning level in the KMA website

Crisis Alert

The Ministry of the Interior and Safety (MOIS) issues four steps crisis alert by using numbers of cities including heat wave area warned by KMA such as 10%, 40%, 60% and 80% of total 178 cities.

Attention Blue

Heat wave issued period from May 20 to September 30

Caution Yellow

When the excessive daily maximum temperature of 33°C lasting 3 days or more is expected in 10% cities.

Watch Orange

When the excessive daily maximum temperature of 33°C lasting 3 days or more is expected in 40% cities or the excessive daily maximum temperature of 35°C lasting 3 days or more is expected Yellow in 10% cities.

Serious Red

When the excessive daily maximum temperature of 35°C lasting 3 days or more is expected in 40% cities or the excessive daily maximum temperature of 38°C lasting 3 days or more is expected Yellow in 10% cities.

When the excessive daily maximum temperature of 35°C lasting 3 days or more is expected in 60% cities or the excessive daily maximum temperature of 38°C lasting 3 days or more is expected Yellow in 40% cities.

When the excessive daily maximum temperature of 35°C lasting 3 days or more is expected in 80% cities or the excessive daily maximum temperature of 38°C lasting 3 days or more is expected Yellow in 60% cities.

《Heat wave Safety Tip》



Check on weather and temperature condition frequently



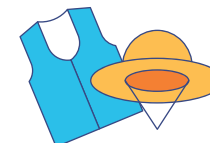
Drink plenty of water or other non-alcoholic fluids.



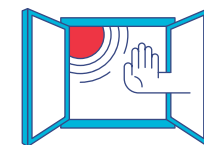
Check on the elderly, infants, young children and people with chronic health problems or disabilities.



Slow down Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day.



Dress for summer
Lightweight light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.



If you cannot afford an air conditioner, block the sun and open the door to the wind



Cooling center

Most facilities with air-conditioning cost support such as senior center, town hall, resident facilities and child center
Spend some time during hot weather in nearby the cooling center,
If you cannot afford an air conditioner,

Search close cooling center in the Disaster Safety Portal
(<http://eng.safekorea.go.kr/main/selectMainMng.do?sessionId=K00qM6LU6QldzYFb8qC57xh4,node20>),
Emergency Ready App (<https://www.mois.go.kr/irt/sub/a06/b11/safetyStep/screen.do>), website of cities.

When prolonged exposure to heat condition

can lead to illnesses in people and death if emergency action isn't taken, because heat stress on the body does have a cumulative effect.

► Initial symptoms include dizziness, fever, vomiting, muscle cramps, etc.

Types and Main Symptoms of Heat Disease

Heat Stroke (Most Dangerous)

- Central nervous system dysfunction (Impaired consciousness/coma)
- Dry and heated skin (>40°C), sweat is possible
- Severe headache, chills, tachycardia, tachypnea, hypotension
- Nausea, dizziness

Heat Cramps

- Muscle cramps (Calves, thighs, shoulders, etc.)

Fainting

- Syncope (Temporary loss of consciousness)/dizziness

Heat Exhaustion

- Excessive sweating
- Cold and wet skin, pale, no significant rise in body temperature ($\leq 40^{\circ}\text{C}$)
- Severe feeling of powerlessness, fatigue, and muscle cramps
- Nausea, vomiting, dizziness

Heat Edema

- Swelling of the hands, feet, or ankles

Heat Rash

- Multiple red bumps or blisters (Neck, upper chest, groin, arms, and inside legs)