Associations have been found in the medical literature between extreme heat and the above health issues. Preliminary evidence only for mental health, aggression, and pregnancy outcomes.

**HOW CAN EXTREME HEAT IMPACT HEALTH?**

**Extreme heat leads to illnesses such as dehydration, heat cramps, heat exhaustion, and heat stroke.**

**BRAIN**
- Worsens mental health problems
- Increases aggression and violence
- Increases likelihood of strokes

**LUNGS**
- Increases asthma attacks and other breathing-related illnesses

**HEART**
- Increases heart attacks and other heart-related illnesses

**KIDNEYS**
- Increases kidney failure and other kidney-related illnesses

**PREGNANCY**
- Increases premature births
- Increases likelihood of low birth weight, heart defects, and infant death

Reduce your risk of heat-related illness:
- Speak to your health care provider about your personal risk factors and plan accordingly.
- Monitor the weather for periods of extreme heat or high heat index.
- If you begin to feel dizzy, weak, nauseous or faint, seek medical advice immediately.