



Introduction — Extreme Heat and Drought

Extreme heat is defined as temperatures that hover 10 degrees or more above the high average temperature for a particular region and last for several weeks. Extreme heat can pose a threat even to individuals and communities who are accustomed to high temperatures.

Approximately 175 Americans die every year from the effects of extreme heat. The elderly, young children, and sick people are especially prone to heat-related illness. This chapter offers advice about how to minimize the effects of extreme heat and how to help those affected by it.

Although drought can occur in any season, when extreme heat combines with drought conditions, the result is a community disaster. This chapter discusses the different types of drought, how to create a drought plan, and how to cope with water restrictions during drought.

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