

Marin County Risk of Heat-Related Impacts

HeatRisk differs based on individual impact. Heat sensitive groups include, older adults, those who work or exercise outdoors, infants and children, individuals experiencing homelessness, and individuals with a chronic medical condition. Protect your health with the guidance below or refer to wrh.noaa.gov/wrh/heatrisk/

HeatRisk Level	Risk of Heat-Related Impacts	Recommendation
0 Green (Little)	Little to no risk.	Great weather for outdoor activities!
1 Yellow (Minor)	This level of heat primarily affects those individuals extremely sensitive to heat, especially when outdoors without effective cooling and adequate hydration.	<ul style="list-style-type: none"> • Increase hydration. • Reduce time spent outdoors or stay in the shade when the sun is strongest. • Open windows at night and use fans to bring cooler air inside buildings.
2 Orange (Moderate)	Moderate risk for heat sensitive groups, especially those without effective cooling and hydration. Some risk for sun-exposed, active individuals in the general population.	<ul style="list-style-type: none"> • Reduce time in the sun between 10 a.m. & 4 p.m. • Stay hydrated. • Stay in a cool place during the heat of the day. • Move outdoor activities to cooler times of the day. • Open windows at night and use fans to bring cooler air.
3 Red (Major)	This level of heat affects anyone without effective cooling and adequate hydration. Major risk for sun-exposed individuals, outdoor enthusiasts, and heat-sensitive groups.	<ul style="list-style-type: none"> • Try to avoid being outdoors in the sun between 10 a.m. and 4 p.m. • Stay hydrated. • Stay in a cool place especially during the heat of the day. • If you have access to air conditioning, use it. Set thermostats to 78 or higher. Fans may not be adequate. • Cancel outdoor activities during the heat of the day.
4 Magenta (Extreme)	Entire population is at risk. Heat risk can be deadly for heat sensitive groups, without effective cooling. Poor air quality and power outages are also likely.	<ul style="list-style-type: none"> • Avoid being outdoors in the sun between 10 a.m. and 4 p.m. • Stay hydrated. • Stay in a cool place, including overnight. • If you have access to air conditioning, use it. Set thermostats to 78 or higher. Fans will not be adequate. • Cancel outdoor activities.

Know the Signs of Heat-Related Illness!

Learn more at MarinHHS.org/Heat-Safety.

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

- Dizziness
- Thirst
- Heavy Sweating
- Nausea
- Weakness



Heat Stroke

- Confusion
- Dizziness
- Becomes Unconscious

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.