

Tools for the public

Interactive web map: "Beat the Heat in Houston"

Beat the Heat in Houston

ncar.maps.arcgis.com/apps/

Places to get cool

- Community Centers
- Libraries
- Shopping Malls
- Multi-Purpose Centers
- Pools
- Spray Parks
- Target Stores
- Walmart Stores

Cooling Centers

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Average Summer Maximum Temperature - Degree F

- Low (90.1 - 92.0)
- Low - Medium (92.1 - 94.0)
- Medium - High (94.1 - 96.0)
- High (96.1 - 98.0)

Independence Hts.

This Community Center is located at 603 E. 35th

M-Th: 8 am -6 pm; F: 8 am-6 pm

Zoom to

(2 of 4)

Average Summer Maximum Temperature - Degree F: 94.28

Beat the Heat in Houston!

- Drink plenty of water
- Restrict physical activity
- Cool off in an air-conditioned place

More information on ways to stay safe in hot weather:

- [People aged 65 and older](#)
- [Infants and children](#)
- [People with chronic medical conditions](#)
- [Outdoor workers](#)
- [Athletes](#)

Zoom to

CDC - Centers for Disease Control and Prevention

Extreme Heat and Your Health

Heat and the Elderly

People aged 65 years or older are less likely to notice and respond to changes in temperature. People in this category must be given and monitored of the following information:

- Stay in a conditioned building as much as possible. Contact your local health department for an air-conditioned public place.
- Do not stay in a car or your primary cooling device during an extreme heat event.
- Drink more water than usual and don't wait until you're thirsty to drink.
- Check on a friend or neighbor and have someone look after you if you're alone.
- Don't take the drive or walk to work or school when you and your neighbor are home.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or take to cool down.
- Check the local news for health and safety updates.
- Be sure medical care is readily available. Each state and community has hot lines, symptoms of heat-related illness, the health center, medical helpline or hotline.

Hosted at: <http://ncar.maps.arcgis.com/home/>

Tools for the public and decision-makers

- ❖ “Extreme Heat Climate Inspector”
- ❖ Interactive web application for exploring changes in temperature and heat indices (annual average), number of heat stress days and nights, and seasonality of extreme heat events.
- ❖ Data are generated by NCAR Climate Land Model - Urban (Oleson et al. 2013)
- ❖ <https://gis.ucar.edu/heatinspector>

