

# Extreme Heat is Too Dangerous to Be Invisible

Extreme heat is a leading cause of weather-related deaths in the U.S. Many people, including those most at risk, are unaware of the danger as these events happen more often, last longer and become more intense, especially in places that don't usually have them. Knowing what to do to protect yourself and your loved ones can save lives.

The American Red Cross' **extreme heat safety resources** can help protect vulnerable populations, especially older adults, children, and those without access to cooling. Please use the following link to access heat safety resources: [www.redcross.org/heatcheck](http://www.redcross.org/heatcheck)

Protect yourself, your loved ones and your neighbors by staying connected with your community. It could save a life.

Any questions, please contact Traci Mitchell at [traci.mitchell@redcross.org](mailto:traci.mitchell@redcross.org) or (561) 957-5217.

*Traci*

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**American Red Cross**  
South Florida Region



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