

Populations Vulnerable to Heat

Vulnerable Population	Risk Factor⁸⁻¹⁶
Adults over 65	Less aware and adaptable to extreme heat
People living alone and/or without air conditioning	May not know when to call for help
Individuals with disabilities	May not know how to call for help or realize that they are in danger
Children under 5	Sensitive to effects of extreme heat and must rely on others to keep them cool and hydrated
People with chronic medical conditions	Medical conditions can include those with cardiovascular disease, mental illness, especially those taking medications (e.g., psychotropics) that can worsen the impact of extreme heat
Homeless	May be unaware of cooling centers and may have limited access to other cooling protections (e.g., cool showers)
Pets	Dependent on owner for adequate protection from heat
Outdoor workers	More likely to become dehydrated and more likely to get heat-related illness
Non-English speakers	May not have access to current information about heat advisories and health risks

