







# HEAT WAVES






## What is it?

A heat wave is a prolonged period of excessively high temperatures, often lasting several days or weeks, that occurs within a specific region or area.

## Factors Contributing to Heat Waves

-  Lack of cloud cover
-  Drought and dry soil
-  Urban heat island effect
-  Climate change
-  Greenhouse gas emissions
-  Energy consumption

## Impacts of Heat Waves

-  Health risks
-  Social and equity issues
-  Climate change feedback
-  Wildfires
-  Food insecurity

## What Can People Do to Help?

- **Support climate action:** Advocate for policies and practices that address climate change.
- **Support sustainable practices:** Choose sustainable products, such as organic and locally sourced items, to reduce your carbon footprint.
- **Raise awareness:** Educate others about the impacts of heat waves and adaptation measures.
- **Create green spaces:** Consider creating a green space with a backyard or community garden.
- **Reduce your carbon footprint:** By opting to use public transportation and supporting renewable energy sources.



**Be Part of the Solution,**  
Stay cool and beat the heat.