



Houston Department of
Health and Human Services

Office of Surveillance & Public Health Preparedness
Bureau of Epidemiology

2012 Heat Surveillance Annual Report

Highlights

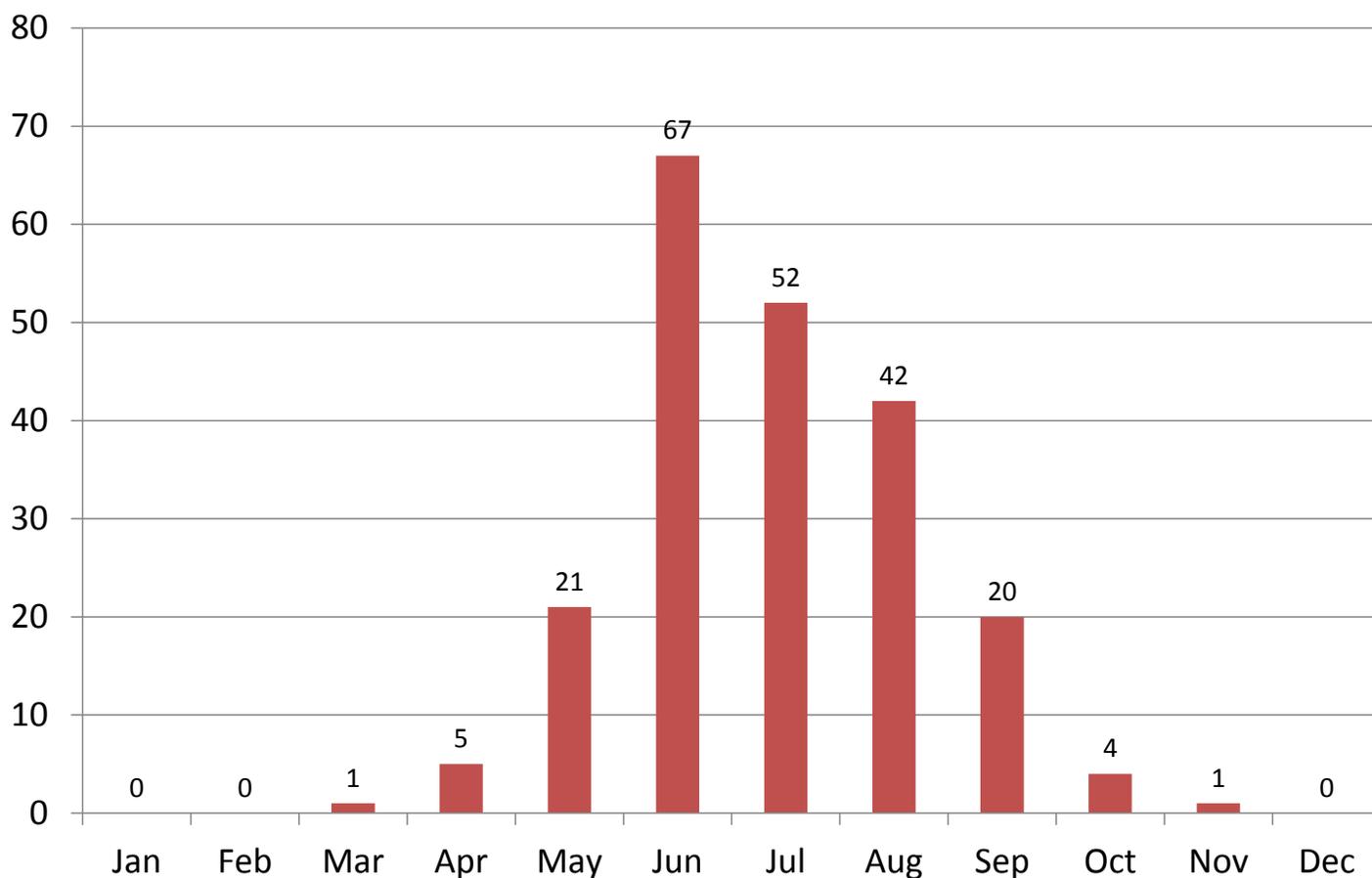
- In 2012, there were 2 heat-related deaths in the Houston area and 213 heat-related illnesses in the Houston/Harris County area.
- In 2012, 0.01% of emergency department (ED) visits were due to heat-related complaints, resulting in 213 ED visits. They were categorized by: **Cramps (13), Exhaustion (164), Stroke B (36)**.

Type of Event	# of cases
# of Heat-related Illnesses in Houston/Harris County	213
# of Heat-related Deaths in Houston	2
Total Heat-Related Events	215

Type of Reported Illness	# of cases (%)
# of Heat Cramps	13 (6.1)
# of Heat Exhaustion	164 (77.0)
# of Heat Stroke	36 (16.9)
Total Reported Illness	213

Syndromic Surveillance: Heat-related ED visits in 2012

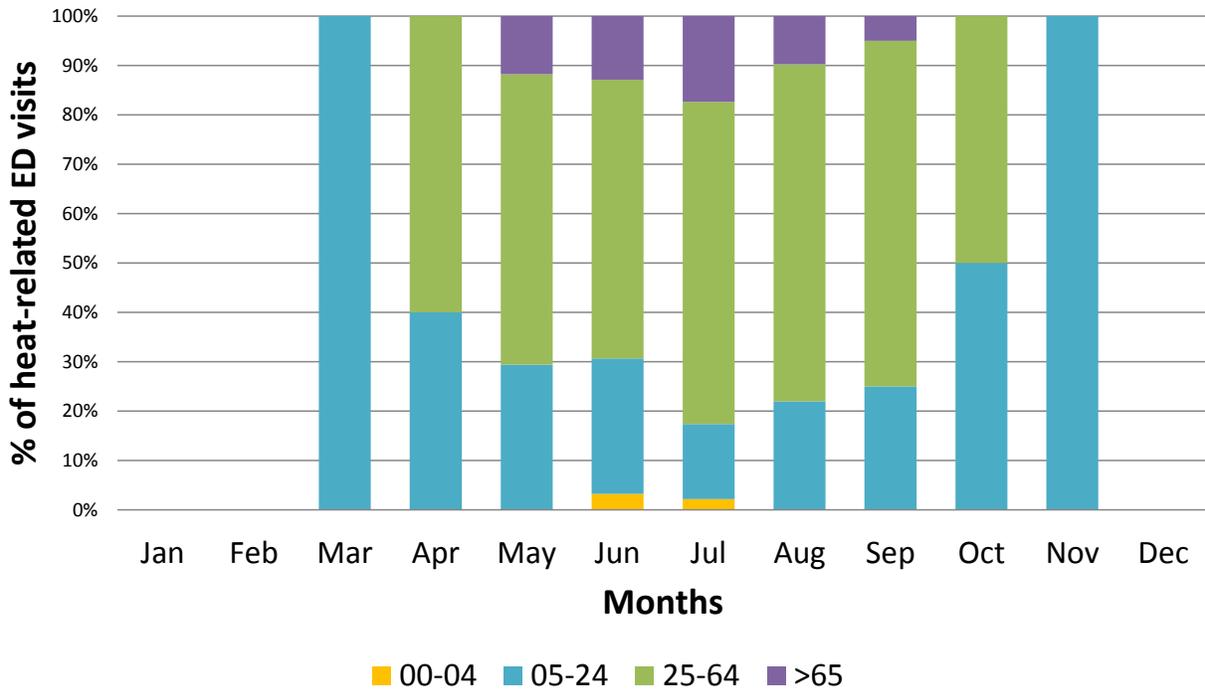
**Number of Heat-related ED visits
in Houston/Harris County by Month in 2012**



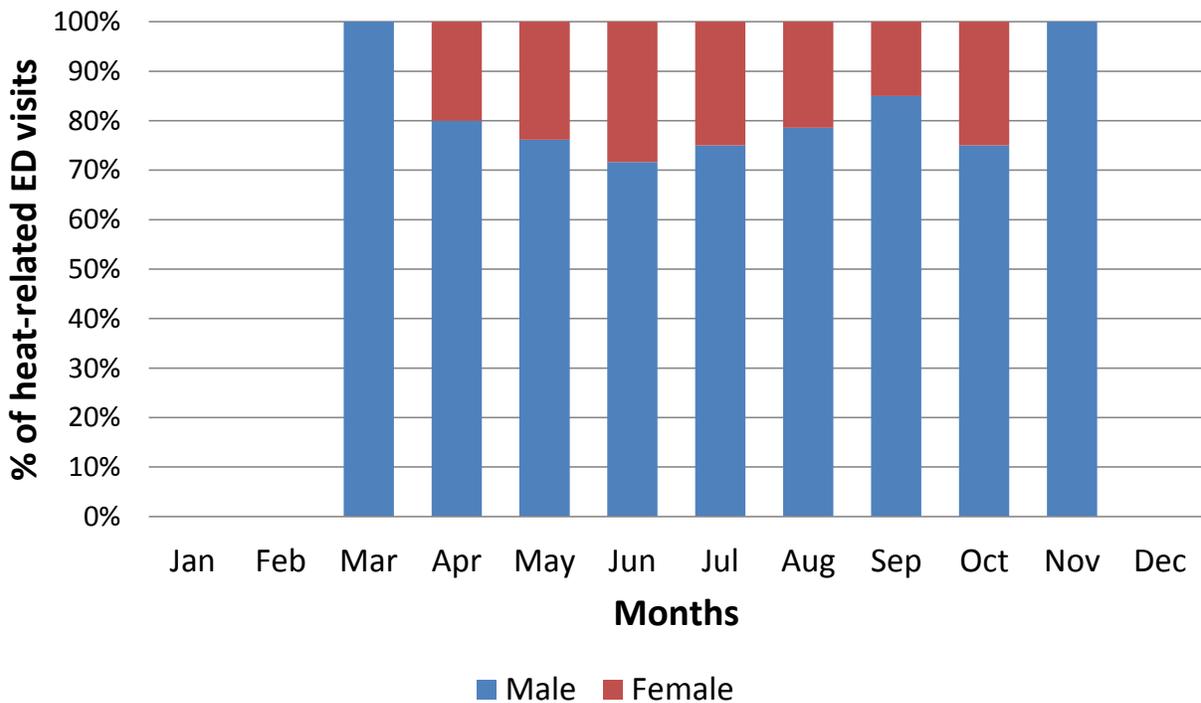
NOTE: Houston/Harris County heat surveillance activity is assessed using information provided by surveillance participants in the Real-time Outbreak Disease Surveillance System (RODS). In 2012, 36 surveillance participants reported heat-related ED visits to Houston Department of Health and Human Services. Heat-related illness is defined as the mention of heat AND either of the following: cramps, exhaustion, stroke, dizziness, shock in the patient's ED chief complaint. These data do not represent confirmed cases of heat illnesses nor do they represent all ED visits in Houston/Harris County.

Syndromic Surveillance: Heat-related ED visits in 2012

Heat % by Age Groups, Houston/Harris County, 2012

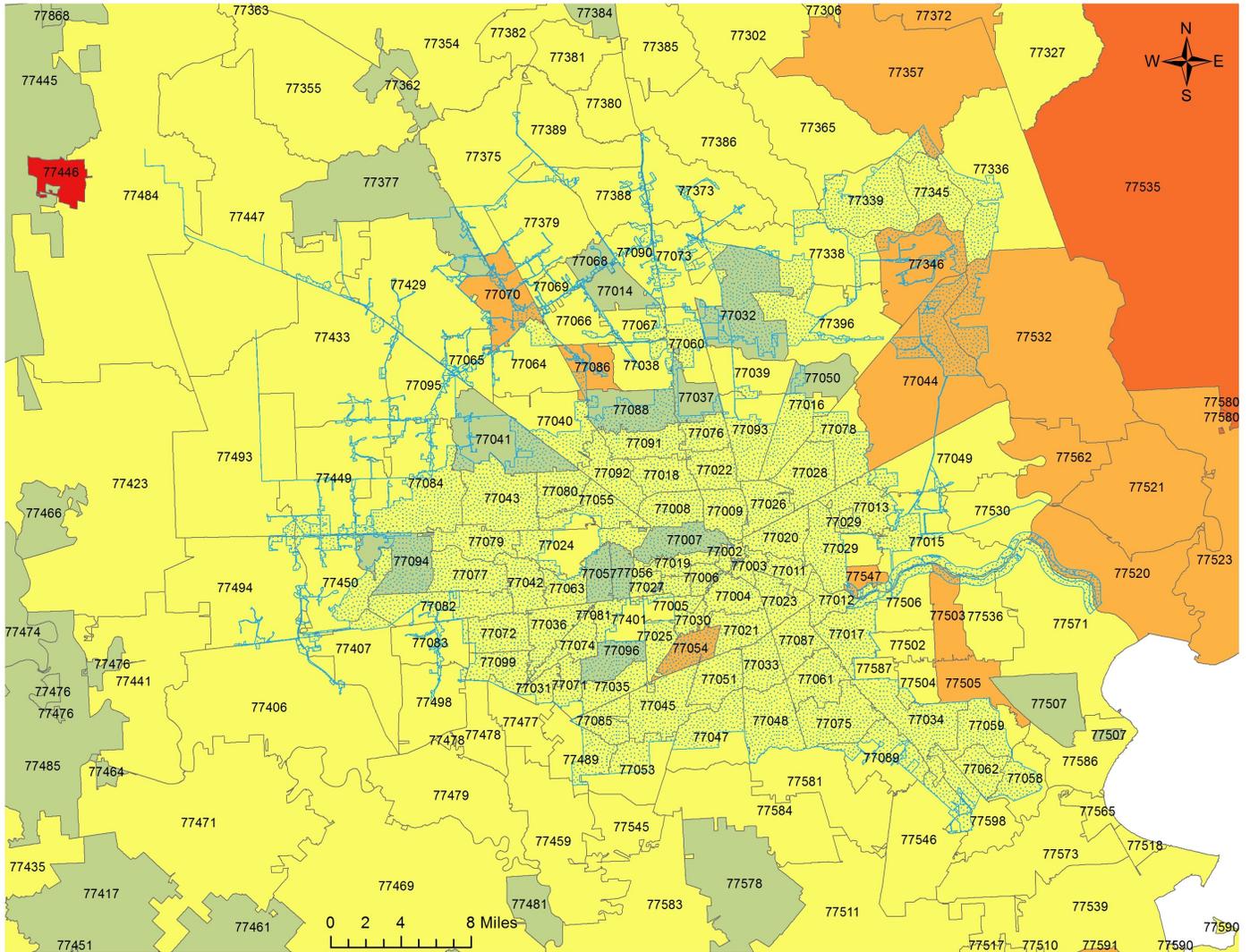


Heat % by Gender, Houston/Harris County, 2012



NOTE: Houston/Harris County heat surveillance activity is assessed using information provided by surveillance participants in the Real-time Outbreak Disease Surveillance System (RODS). In 2012, 36 surveillance participants reported heat-related ED visits to Houston Department of Health and Human Services. Heat-related illness is defined as the mention of heat AND either of the following: cramps, exhaustion, stroke, dizziness, shock in the patient's ED chief complaint. These data do not represent confirmed cases of heat illnesses nor do they represent all ED visits in Houston/Harris County.

Syndromic Surveillance: Geographic Distribution Map



Legend

 City of Houston City Limit

2012 % of Heat-related ED Visits by Zip Code

Y2012p

-  0% - 0.01%
-  0.01% - 0.13%
-  0.13% - 0.25%
-  0.25% - 0.36%
-  0.36% - 1.3%

In 2012, the zip codes that had the greatest percentage of ED visits related to heat (0.36% or greater) are: 77444*, 77446, 77448*, 77538*, 77577*, and 77597*.

*Zip codes not displayed on map.

NOTE: Houston/Harris County heat distribution map was created using data provided by 36 hospitals that voluntarily provide data based on chief complaints in the Real-time Outbreak Disease Surveillance System (RODS). This map reflects the percentage of heat-related cases from each zip code from the total amount of cases seen in each zip code. Heat-related illness is defined as the mention of heat AND either of the following: cramps, exhaustion, stroke, dizziness, shock in the patient's ED chief complaint. These data do not represent confirmed cases of heat illnesses nor do they represent all ED visits in Houston/Harris County.

Tips for Prevention of Heat-related Illness

The Houston Department of Health and Human Services (HDHHS) recommends Houstonians begin taking precautions against high temperatures to avoid heat-related illnesses. High body temperatures can lead to damage to the brain or other vital organs and even death.

What Can You Do?

Stay cool.

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

Stay hydrated.

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

Stay informed.

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

For more information regarding prevention tips for heat-related events, please see:

<http://ephtracking.cdc.gov/showClimateChangeExtremeHeat.action>

The Houston Heat Surveillance Annual Report is available on the Houston Department of Health and Human Services web site at:
www.houstontx.gov/health/

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Additional information regarding Houston heat surveillance activity can be accessed at:

<http://www.houstontx.gov/health/>

<http://emergency.cdc.gov/disasters/extremeheat/>

Houston Department of Health and Human Services
Office of Surveillance and Public Health Preparedness
Bureau of Epidemiology
8000 N. Stadium Dr, 4th Floor
Houston, TX 77054

Main Epidemiology Phone Number: (832) 393-5080

Disease Reporting Fax Number: (832) 393-5232

24-Hour Contact Number: (832) 393-5080