

# BE PREPARED FOR EXTREME HEAT



FEMA

Extreme heat often results in the highest annual number of deaths among all weather-related disasters.

In most of the U.S., extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases the feeling of heat as measured by a heat index

## IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible



Check on your neighbors

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets in a closed car.



# HOW TO STAY SAFE IN EXTREME HEAT

## Prepare

- Draw blinds / turn on fans / keep house dark
- Keep windows closed
- Fill bottles, pitchers, other containers with water and put in refrigerator and/or freezer.
- Drink fluids – even if you're not thirsty
- Review HEAT STROKE information / symptoms
- Prepare battery backup for C-Paps, nebulizers, and other medical devices

## During Heat Emergency

- Stay Cool
  - Wet bandana or towel to put around neck / head to keep you cool; use tap and/or refrigerated water, if available
  - If air conditioning is not available in your home go to a cooling center.
  - Take cool showers or baths.
  - Wear a damp towel around your neck.
  - Wear loose, lightweight, light-colored clothing.
  - Use your oven less to help reduce the temperature in your home.
  - If you're outside, find shade. Wear a hat wide enough to protect your face.
  - Open windows at night to cool down your apartment
- Stay safe
  - Never leave people or pets in a closed car on a warm day.
  - Watch for heat cramps, heat exhaustion and heat stroke.
  - Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Hydrate
  - Drink plenty of fluids to stay hydrated.
- Pets
  - Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet. Get a carrier so your pet can be moved to a cooling station.
- Masks
  - If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing.
- Check on your neighbors!

Apartment  
too hot? Call  
reception!  
Dial 0