

**PREPARE NOW**

- Find places in your community where you can go to get cool.
- Try to keep your home cool:
  - Cover windows with drapes or shades.
  - Weather-strip doors and windows.
  - Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
  - Add insulation to keep the heat out.
  - Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
  - Install window air conditioners and insulate around them.

**SURVIVE DURING**

- Never leave a child, adult, or animal alone inside a vehicle on a warm day.
- Find places with air conditioning. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.
- Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Avoid high-energy activities.
- Check yourself, family members, and neighbors for signs of heat-related illness.

**RECOGNIZE & RESPOND**

- **Heat Cramps**
  - *Signs:* Muscle pains or spasms in the stomach, arms, or legs.
  - *Actions:* Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.



- **Heat Exhaustion**

- *Signs:* Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- *Actions:* Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

**FOR ALL EMERGENCIES:** CORAC runs a HAM radio net and Signal groups. If communication goes out for any length of time, meet outside your local Church at 9 a.m. on Saturday mornings if it is safe to do so. Tell friends at Church now in case you can't then. CORAC teams will be out looking for people to gather in and work with.

