



Extreme Heat Scenario

HEAT CAN BE A SERIOUS THREAT

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

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.

BE SAFE 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.

Extreme Heat *(continued)*

- **Heat Stroke**

- *Signs:* Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- *Actions:* Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

