



Heat Wave Preparedness Plan

GETTING READY FOR HEAT WAVE	
Discuss what each member of the family would do during a heat wave. Where are the safest and coolest places to be at home? . . . at work? . . . at school? . . . and in other places where you may go? Coolest place at home: _____	<input type="checkbox"/>
If your home does not have air conditioning, choose other places you go to get relief from the heat during the warmest part of the day. Cool places to go to avoid heat: _____	<input type="checkbox"/>
Plan changes in your daily activities that would be needed to avoid strenuous work during the warmest part of the day. Changes to daily activities: _____	<input type="checkbox"/>
Plan to wear lightweight, light-colored clothing. Clothing choices: _____	<input type="checkbox"/>
Some family members may be taking medications or have medical conditions that may cause poor blood circulation or reduced ability to tolerate heat. Discuss these concerns with a physician. Physician's special recommendations: _____	<input type="checkbox"/>
Take an American Red Cross first aid course to learn how to treat heat emergencies and other emergencies. Household member(s) trained in first aid: _____ Certifications good through: _____	<input type="checkbox"/>

TO PLAN FOR A HEAT WAVE:	
Listen to local weather forecasts and stay aware of upcoming temperature changes.	<input type="checkbox"/>
The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index by as much as 15° F.	<input type="checkbox"/>
Discuss heat safety precautions with members of your household. Have a plan for wherever you	<input type="checkbox"/>

spend time— home, work and school—and prepare for the possibility of power outages.	
Check the contents of your emergency preparedness kit in case a power outage occurs.	<input type="checkbox"/>
Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.	<input type="checkbox"/>
If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).	<input type="checkbox"/>
Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.	<input type="checkbox"/>
Get trained in first aid to learn how to treat heat-related emergencies.	<input type="checkbox"/>
Ensure that your animals' needs for water and shade are met.	<input type="checkbox"/>

DURING THE HEAT WAVE	
Listen to a NOAA Weather Radio for critical updates from the National Weather Service (NWS).	<input type="checkbox"/>
Never leave children or pets alone in enclosed vehicles.	<input type="checkbox"/>
Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.	<input type="checkbox"/>
Eat small meals and eat more often.	<input type="checkbox"/>
Avoid extreme temperature changes.	<input type="checkbox"/>
Wear loose-fitting, lightweight, light colored clothing. Avoid dark colors because they absorb the sun's rays.	<input type="checkbox"/>
Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.	<input type="checkbox"/>
Postpone outdoor games and activities.	<input type="checkbox"/>
Use a buddy system when working in excessive heat.	<input type="checkbox"/>
Take frequent breaks if you must work outdoors.	<input type="checkbox"/>
Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.	<input type="checkbox"/>
Check on your animals frequently to ensure that they are not suffering from the heat.	<input type="checkbox"/>