

Emergency Preparedness Tips

Extreme Heat

During a heat wave:

- Avoid direct sun and heat.
- Avoid strenuous activities during the hottest period of the day, 11 am to 3 pm. Heat-related illnesses can strike quickly, especially for those who perform strenuous work during the heat of the day.
- Wear lightweight, light-colored, loose-fitting clothing. Light colors reflect the sun's rays better than dark colors, which absorb the heat. Protect your face and head by wearing a wide-brimmed hat.
- Seek air conditioning. If your home does not have air conditioning or an electric fan, the following public buildings may provide refuge during the warmest part of the day: libraries, community centers, senior centers, movie theaters, grocery stores, places of worship and shopping malls.
- Drink plenty of water and other fluids throughout the day and evening. Dehydration can occur quickly and can be unnoticed or mistaken for other illnesses. Increasing fluid intake on a hot day, even if you are not thirsty, can reduce the risk of dehydration. Avoid caffeine, sugar and alcohol.
- If you are on fluid-restricted diet (e.g. those with kidney disease), consult your doctor before increasing fluid intake.
- Check on family members and neighbors who do not have air conditioning or who have medical problems that make them particularly susceptible to heat related illnesses.
- Do not leave people, pets or service animals alone in parked cars, even for a short time.
- Eat small meals. Avoid fats and proteins. Avoid cooking if possible.
- Close blinds, drapes, doors, and windows to keep heat out during the day.
- Open windows and doors once it is cooler outside than in.
- Keep electric lights turned down or off. They generate heat.
- If you have a baby, be aware of heat risks. Consider a cool (not cold) water bath.
- Apply cool damp towels to your wrists and to the back of your neck. Sit in front of a fan to increase evaporation and cooling.
- Call 9-1-1 for any serious heat related medical emergencies.

For additional information about preparing for extreme heat and other types of emergencies, please visit:

- www.calema.ca.gov
- www.ready.gov
- www.redcross.org