Extreme Heat Emergency Prep

Small steps. Practical preparation. Keep this page where you can find it.

STAY COOL WHEN IT SPIKES

- ☐ Close windows and blinds on sun-facing sides during the day to block heat.
- ☐ Open windows at night and run fans to pull in cooler outside air.
- ☐ Apply a wet cloth to neck, wrists, and inner elbows; take cool showers.
- ☐ List nearby cooling centers, libraries, or malls now and save them in your phone.

PREPARE AND PROTECT PEOPLE

- ☐ Stock a week of electrolyte packets per person before heat season starts.
- ☐ Keep gel ice packs frozen and a charged battery fan ready for outages.
- ☐ Learn the signs of heat exhaustion and heat stroke and how to respond.
- ☐ Check daily on anyone elderly, ill, or living alone during a heat wave.

SAFETY NOTE Heat stroke is life-threatening: call 911 if someone has confusion, hot skin, or a temp above 103. Cool them fast with ice on neck, armpits, and groin; never give fluids to someone confused or unconscious.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/preparedness/extreme-heat-preparedness/

Safety reference: https://www.cdc.gov/heat-health/about/index.html