

# HOW TO STAY SAFE

## WHEN EXTREME HEAT THREATENS

### 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.

**Learn to recognize the signs of heat illness.** For more information

visit: [www.cdc.gov/disasters/extremeheat/warning.html](http://www.cdc.gov/disasters/extremeheat/warning.html).

### Take an Active Role in Your Safety

Go to **Ready.gov** and search for **extreme heat**. Download the **FEMA app** to get more information about preparing for extreme heat.

### 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

Know the signs and ways to treat heat-related illness.

#### 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.

#### 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.