

PREPARING FOR EXTREME HEAT

Of all severe weather events, extreme heat is the most dangerous, killing approximately 1,220 Americans each year.¹ Because extreme heat events can happen anywhere in the country, it is crucial to understand your risks and get prepared.

1.



KNOW YOUR RISKS

- Look up your address to get your extreme heat score using a tool like www.riskfactor.com
- Use the Center for Disease Control's Heat Risk tool to learn the daily heat risk in your location
- Understand that extreme heat risks increase when coupled with other disaster types
- Sign up for emergency alerts locally and from the National Weather Service
- Monitor local weather reports, news, and alerts for emergency information

2.



MAKE YOUR PLAN

- Check your emergency supplies and restock any missing items annually (see next page for extreme heat-specific items)
- Learn the location of your nearest cooling center or make a plan to visit a nearby family or friend's house if you do not have air conditioning
- Pay attention to local news and weather to know how long to shelter in an air conditioned location during an extreme heat event
- Make a plan to check in on loved ones

3.



LEARN SAFETY ACTIONS

- Drink plenty of fluids and stay hydrated during an extreme heat event
- Avoid strenuous activities and stay indoors if possible
- If you must go outside, wear a wide-brimmed hat, sunglasses, and sunscreen, and stay in the shade
- Stay on the lowest floor possible as cooler air sinks and heat rises
- During an event, close shades throughout your home to keep home cooler
- If the indoor air temperature is over 95°F, don't use an electric fan

LEARN THE TERMS

Understanding weather alerts is critical to your safety.

- **Extreme Heat Warning:** Dangerous heat is occurring or about to occur. Take action.
- **Extreme Heat Watch:** Dangerous heat is possible. Be prepared.
- **Extreme Heat Advisory:** Dangerous heat is predicted to occur, but is not expected to reach extreme heat warning criteria.

¹<https://www.cdc.gov/extreme-heat/about/index.html>

DID YOU KNOW

Financial assistance for replacing HVAC equipment is available. For more information, check out the following programs:

- Low-Income Home Energy Assistance Program
- Weatherization Assistance Program
- Single Family Housing Repair Loans and Grants, also known as Section 504 Home Repair Program

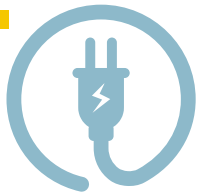
4.



PREPARE YOUR HOME

- If you do not have central air conditioning, install window air conditioners and add insulation
- Cover all windows inside of your home with drapes, shades, or awnings
- Apply weather stripping to doors and window sills to keep cool air inside
- Check all air conditioning ducts in your home for adequate insulation
- Conduct annual inspection and maintenance actions of your HVAC system to make sure it's in good working order
- Plant vegetation around your home as trees and other plants have natural cooling effects

5.



PREPARE FOR POWER OUTAGES

- Know that losing power during a heat wave can lead to serious health concerns, especially for those who depend on electricity-powered medical devices
- Test smoke alarms and carbon monoxide detectors to make sure they work properly
- Understand your power needs by assessing which appliances are essential to maintain during a power outage
- Have a backup power source, such as a generator, at the ready and learn how to operate it safely
- Identify the location of your local cooling centers, shelters, or other community centers that provide air conditioning

DISASTER SUPPLY CHECKLIST

Assemble disaster supply kits for your home and car to prepare for all disaster types. **The checklist below includes extreme heat-specific items.** Use SBP's "Creating a Household Disaster Plan" guide for additional items to include in your supply kits.

- | | | |
|---|--|--|
| <input type="checkbox"/> Non-perishable food | <input type="checkbox"/> Handheld or box fan | <input type="checkbox"/> Wide-brimmed hat |
| <input type="checkbox"/> A supply of bottled water | <input type="checkbox"/> Air conditioning unit | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Supplies for pets (including extra food and water) | <input type="checkbox"/> Lightweight, light-colored layers | <input type="checkbox"/> Sunblock |
| | | <input type="checkbox"/> Fire extinguisher |

TIP

Drinking enough water during an extreme heat event is critical for your safety. Make a plan to **stockpile one gallon of water per person or pet per day in your emergency supplies.** It's recommended to gather a 2-week supply for home kits, and at least a 3-day supply for to-go kits.

