



HEAT WAVE

Create a plan for your family. It is important to have a plan in place. Talk about how you will reach each other.

Prepare an emergency kit. The below listed items should be part of your basic emergency kit and kept in a container that can be easily carried. Use the Family Safety Guide as a reference to gather additional items important to your family.

- Water and canned or dried food - families should set aside one gallon of water per person per day, to last three days, and a three-day supply of food per person. The food should be nonperishable items that don't need to be cooked, such as tuna and crackers. Remember to include a manual can opener. If there's an infant in the house, include formula and baby food.
- Battery powered radio
- Flashlight
- Extra batteries for the radio and flashlight
- Prescription medications
- First-aid kit
- Copies of insurance policies, deeds and other important records

Listen for information about what to do and where to go during an actual emergency. Listen to local weather forecasts and stay aware of upcoming temperature changes. City, county, and state officials have developed emergency plans.

Stay indoors in air conditioning as much as possible and in the shade if you go outside. If your home is not air conditioned, spend the warmest part of the day at an air conditioned mall, library or other public place.

Always wear sunscreen and loose-fitting, lightweight, light-colored clothing.

Avoid dark colors because they absorb the sun's rays. Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.

Drink water regularly even if you are not thirsty. Avoid drinks with caffeine or alcohol. Alcohol speeds dehydration. Schedule outdoor activities before noon and after 4 p.m. and take frequent breaks if you must work outdoors.

Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are likely to be affected by the heat.

Never leave children, older adults or pets alone in a car.

Ensure that your animals' needs for water and shade are met.

Heat Wave

Period of extreme heat, usually accompanied by high humidity.

Heat Index

The relative humidity added to the air temperature – how hot it feels. Exposure to direct sunlight can increase the heat index by as much as 15 degrees.

Heat Cramps

Muscle pains due to exertion – the first sign of heat-related problems.

Heat Exhaustion

A mild form of shock brought on by strenuous activity in the heat.

Heat Stroke

A life-threatening condition occurring when the body's temperature control system shuts down. Brain damage or death can result if the body is not cooled at once.