

# Summer Ready Toolkit

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As temperatures rise being Summer Ready has never been more important. We hope you enjoy the sunny days while planning ahead for some of the hazards the season brings. Whether it's finding a spot to cool off, or helping to ensure the safety of others, our new resources outline proactive steps to take when it comes to extreme heat, swimming, and mental well-being. This toolkit is designed to provide you and your stakeholders with easy-to-use tools to promote important information about mitigating the intersecting risks of summer.

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## Announcements

### Trainings

For health professionals [Climate and Health: A Training for Health Department Staff - CDC TRAIN - an affiliate of the TRAIN Learning Network powered by the Public Health Foundation](#)

Nature-Based Solutions for Mitigating Hazards [NTED | National Preparedness Course Catalog \(firstrespondertraining.gov\)](#)

SAMHSA offers virtual trainings for first responders supporting those in crisis [Online SAMHSA Disaster Technical Assistance Center \(DTAC\) Trainings | SAMHSA](#)



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## Key Messages

- **When temperatures soar, stay indoors**- try using [211.org](https://www.211.org) to find cooling centers in your area, and utilizing heat mitigation strategies for your home.
- **Have a plan for extreme heat**- considering your risk factors and those of your loved ones.
- **Do your part** to help manage the impact of heat on your community- extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.

## Talking Points

### Before Extreme Heat

- Learn to recognize the [signs of heat illness](#).
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.
- Identify places in your community where you can go to get cool such as recreation centers, libraries, or shopping malls. You can contact your local health department to find a cooling center in your area or use the lookup tool: [www.211.org](https://www.211.org)
- Cover windows with drapes or shades and weather-strip doors and windows.
- Use window reflectors specifically designed to reflect heat back outside.
- Add insulation around window air conditioner units 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 out hot air.
- If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help.
- Sign up for alerts: [Active Alerts \(weather.gov\)](#) help you stay ahead of heat warnings, while the [FEMA App](#) allows you to receive real-time weather alerts, locate emergency shelters in your area, prepare for common hazards, and more.
  - For a tailored forecast based on timing, locale, topography, and demographic [Heat Safety Tool | Occupational Safety and Health Administration \(osha.gov\)](#) is able to predict severe heat within 7 days.
- Have a plan- keep heat from disrupting your sleep, work, and routine. Learn more at: [2024 HHS Resources on Heat and Health](#)
- May is Mental Health Awareness Month: If you or someone you know is struggling or in crisis, help is available. Call or text: [988](tel:988). Chat: [988lifeline.org](https://988lifeline.org)
- Substance Abuse and Mental Health Services Association (SAMHSA): [Tips for People Who Take Medication](#) is a publication that explores the mental health impacts of climate change, how heat might affect those taking medications that impair thermoregulation, and tips for building resilience.



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- When it comes to construction and retrofitting, check out the [Extreme Heat Mitigation for your Property](#) resources to simplify the process, save money, and keep cool.
- Summer travel to our national parks is fun for the whole family when you have a park plan. Check the layout, communication contingencies, note where to find shade, and be flexible if conditions change. Learn more at: [Plan Your Visit \(U.S. National Park Service\) \(nps.gov\)](#)

## **Water Safety**

- May is National Water Safety Month ([Home - National Water Safety Month \(phfa.org\)](#))
- Never swim alone – Always ensure a lifeguard and/or people are present.
- Know your limitations and keep others safe – Don't push past your physical, medical, or other capabilities, and keep an eye on others who may need assistance.
- Keep rescue equipment poolside to be used quickly in the case of an emergency.
- Understand and adjust for risks, such as shallow water and rip currents.
- Wear a U.S. Coast Guard-approved life jacket appropriate for your weight size and water activity.
- For more tips check out: [Red Cross Water Safety](#)

## **Online Resources**

### **General**

- [Heat.gov](#)
- [Prepárese para estar #SummerReady | Ready.gov](#)
- [#SummerReady Extreme Heat Summit Official Resources](#)
- [SAMHSA - Substance Abuse and Mental Health Services Administration](#)
- [Child Safety: Heatstroke Prevention](#)

### **Professionals/Planners**

- [Planning and Preparing | HEAT.gov - National Integrated Heat Health Information System](#)
- [Federal Funding Opportunities: Extreme Heat](#)
- [Heat Watch Campaigns | U.S. Climate Resilience Toolkit](#)
- [2024 HHS Resources on Heat and Health](#)
- [Mitigating the Risk of Extreme Temperatures with Hazard Mitigation Assistance Funds \(fema.gov\)](#)
- [Nature-Based Solutions | FEMA.gov](#)
- [Let's Talk About Heat Challenge | US EPA](#)
- [Insights and Reflections: Extreme Heat Resilience Ideation Hour \(fema.gov\)](#)



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## Social Media

- [Extreme Heat Safety Social Media Toolkit](#)
- [Cool Your Community Social Media Toolkit](#)
- [Social Media Graphics: Extreme Heat](#)

## Social Media

- Roughly 40% of unwanted heat buildup in our homes is through windows. Use awnings or curtains to keep the heat out! #BeatTheHeat
- #BeatTheHeat by staying indoors and in the shade. More tips for the entire family on <https://www.ready.gov/heat#break> #BeatTheHeat this summer!
- Tip: Check the weather stripping on doors and windows to keep the cool air in. #BeatTheHeat
- Extreme heat can often lead to #blackouts. Don't be in the dark, learn how to prepare at: [www.ready.gov/power-outage](http://www.ready.gov/power-outage) #BeatTheHeat
- Fans alone aren't enough in high heat + high humidity. Get inside in A/C or go to a public place like the library, museum, or shopping mall to #BeatTheHeat
- Enter your zip code at [www.211.org](http://www.211.org) to find cooling-off centers near you! #BeatTheHeat
- Escriba su código postal en [www.211.org](http://www.211.org) y encuentre centros para refrescarse cercanos a usted. #BeatTheHeat
- NEVER leave children or pets alone in hot vehicles! Heat can rise in a car, up to 20 degrees in just 10 minutes! #BeatTheHeat

## Graphics



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BUILDING ALLIANCES FOR EQUITABLE RESILIENCE | REMEMBERING OUR MOST VULNERABLE DURING TIMES OF NEED

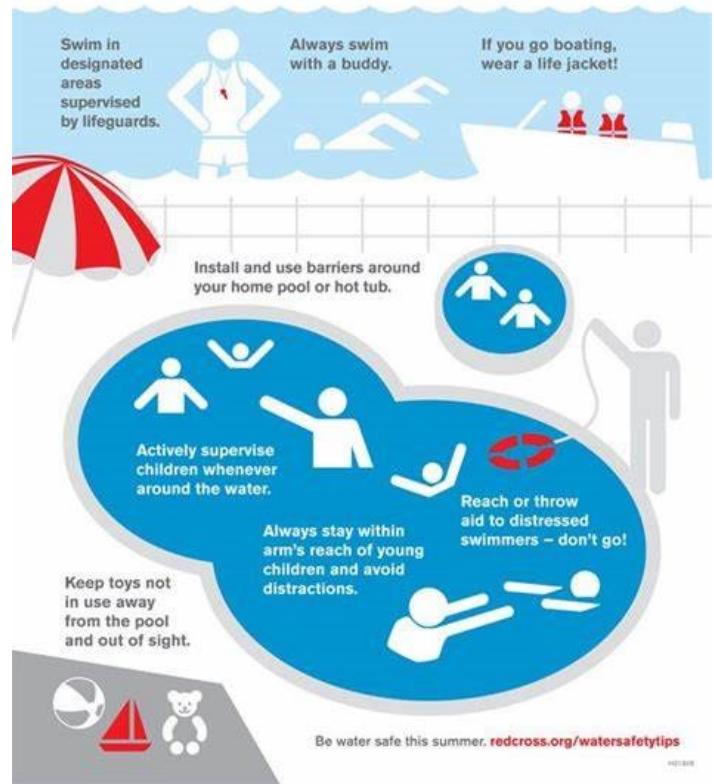
**“** We cannot continue to only write and talk about building networks, practices, and communities that are prepared for and resilient to disaster events. We must actively engage in the changes necessary to make them so, and we hope that resources such as these are the start to that work.

— VALERIE NOVACK, Utah State University; Formerly Center for American Progress



 **FEMA**  Resilient Nation Partnership Network

 **American Red Cross** **Water Safety Tips**



Swim in designated areas supervised by lifeguards.

Always swim with a buddy.

If you go boating, wear a life jacket!

Install and use barriers around your home pool or hot tub.

Actively supervise children whenever around the water.

Always stay within arm's reach of young children and avoid distractions.

Reach or throw aid to distressed swimmers – don't go!

Keep toys not in use away from the pool and out of sight.

Be water safe this summer. [redcross.org/watersafetytips](http://redcross.org/watersafetytips)



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## Videos

- Summer Ready Webinar: [DHS/FEMA 2024 #SummerReady Extreme Heat Summit \(youtube.com\)](https://www.youtube.com/watch?v=HsXzXzXzXzX)
- Know your risk: [Heat Risk Dashboard \(youtube.com\)](https://www.youtube.com/watch?v=HsXzXzXzXzX)
- Climate resilience planning tool: [CLIMRR webinars & user guides](https://www.climrr.org/webinars-and-user-guides)
- For kids: [Longfellow's WHALE Tales Water Safety for Children | Red Cross](https://www.redcross.org/longfellow-s-whale-tales-water-safety-for-children)



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