

# Extreme Heat Safety Toolkit

Summer is officially here and that means millions of Americans are getting ready to fire up the grill, head out to the lake, or engage in other outdoor sports or activities but we should also remember that we can take some simple steps to stay safe, especially during periods of extreme heat. Extreme heat can be especially dangerous to special groups of people across communities and climate models predict that extreme heat will become more frequent and intense as climate change continues.

This toolkit provides key messages, protective actions, social media tags and graphics as well as other resources to launch an **Extreme Heat Safety** or **#SummerReady** campaign in your community.

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## Key Messages

Extreme heat is a period of high heat and humidity with temperatures above 90 degrees for at least two to three days. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. **Extreme heat is responsible for the highest number of annual deaths among all weather-related hazards.**

- Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
- Humidity increases the feeling of heat.

## Prepare for 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 libraries and shopping malls or contact your local health department to find a cooling center in your area.
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors specifically designed 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 out hot air.
- Install window air conditioners and insulate around them.
- 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.

## Staying Safe During Extreme Heat

- Never leave people or pets in a closed car on a warm day.
- If air conditioning is not available in your home, go to a cooling center.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, older adults and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.
- Find more tips for staying safe during extreme heat by visiting [www.ready.gov/heat](http://www.ready.gov/heat).

# Heat-Related Illnesses

Know the signs of heat-related illnesses and ways to respond. If you are sick and need medical attention, contact your healthcare provider for advice and shelter in place if you can. If you are experiencing a medical emergency call 9-1-1.

Get more detailed information about heat-related illnesses from the [CDC](#) and [National Weather Service](#).

## HEAT STROKE

- **Signs:**
  - Extremely high body temperature (above 103 degrees F) taken orally
  - Red, hot, and dry skin with no sweat
  - Rapid, strong pulse
  - Dizziness, confusion or unconsciousness

**If you suspect heat stroke**, call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives. Do not give the person anything to drink.

## HEAT CRAMPS

- **Signs:** Muscle pains or spasms in the stomach, arms or legs

## HEAT EXHAUSTION

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting

**If you have signs of heat cramps or heat exhaustion**, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

# Summer Break

While the kids are home for the summer, get the whole family prepared.

- Make a [family communication plan](#) and include the whole family.

- Practice [evacuation plans](#) and other emergency procedures with children on a regular basis.
- Teach kids when and how to call important phone numbers like 9-1-1.
- Make sure the kids have an emergency contact person and know how to reach them.
- Create a family password or phrase to prevent your child from going with a stranger.
- Keep the kids occupied with online emergency preparedness [games](#).
- Download the free [Prepare with Pedro](#) activity book to help kids learn to prepare.
- Decide on a family meeting place you can go if separated.

## Associated Content

- [Extreme Heat Information Sheet](#) (PDF)
- [Extreme Heat Safety Social Media Toolkit](#)
- [Children, Pets and Vehicles](#) (weather.gov)
- [You Can Help Prevent Hot Car Deaths](#) (NHTSA)
- [Protective Actions Research for Extreme Heat](#)
- [National Weather Service Heat Safety Tips and Resources](#)
- [National Weather Service - Heat Illnesses](#)
- [National Integrated Heat Health Information System](#) (heat.gov)
- [Warning Signs and Symptoms of Heat-Related Illness](#)

## Graphics & Social Media Tools

For more engaging content, attach graphics to social media posts.

- [Extreme Heat Graphics](#)
- #HeatSafety
- #BeatTheHeat
- #SummerSafety
- #SummerReady
- #HeatstrokeKills

## Heat Safety & Risk

- Follow @NWS for heat advisories & excessive heat warnings so you can #BeatTheHeat this summer
- Do you know the difference between a Heat Outlook, Watch, & Warning? Learn them today: <https://www.weather.gov/safety/heat> #BeatTheHeat
- Stay safe from the heat by drinking a lot of water, staying indoors, & calling 911 if you see someone suffering from a heat emergency: [www.ready.gov/heat](http://www.ready.gov/heat) #BeatTheHeat
- When a child's temp reaches 107 degrees-they die. Call 911 & act fast if you see a child in danger. #HeatStrokeKills
- Heat Wave: Prolonged period of excessive heat, often with excessive humidity: <https://www.weather.gov/safety/heat> #BeatTheHeat
- Listen to local weather forecasts to prepare for extreme heat #BeatTheHeat
- Extreme heat makes the body work extra hard to maintain a normal temperature. Know the facts & prepare: [www.ready.gov/heat](http://www.ready.gov/heat) #HeatSafety
- Each year approximately 175 Americans die from extreme heat. Get the 411 on #HeatSafety [www.ready.gov/heat](http://www.ready.gov/heat)
- Did you know that urban residences are at greater risk of the effects of prolonged #heat than rural and suburban residences? [www.ready.gov/heat](http://www.ready.gov/heat) #HeatSafety

## Stay Indoors

- Roughly 40% of unwanted heat buildup in our homes is through windows. Use awnings or curtains to keep the heat out! #BeatTheHeat
- 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) #HeatSafety
- 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
- During extreme heat, stay indoors as much as possible and limit exposure to the sun. [www.ready.gov/heat](http://www.ready.gov/heat) #BeatTheHeat
- Enter your zip code at [www.211.org](http://www.211.org) to find cooling-off centers near you! #SummerSafety #BeatTheHeat
- Contact your local Office of Emergency Management to find a cooling-off center near you. #BeatTheHeat

## Reduce Heat Impact

- In extreme heat, dress in loose-fitting, lightweight, and light-colored clothes. Avoid dark colors because they absorb the sun's rays. #BeatTheHeat
- Check on your pets frequently to ensure they are safe during extreme heat. #BeatTheHeat
- Keep strenuous activity to a minimum during the hottest parts of the day (11am-2pm) and use a buddy system! #SummerSafety
- #BeatTheHeat tip: Check on seniors, people who are ill or may need extra help frequently.
- Make sure you drink LOTS of water to stay hydrated and prevent dehydration, heat stroke & more. #SummerSafety
- During extreme heat drink plenty of water, even if you don't feel thirsty. #HeatSafety
- Got heat cramps? Rest in a cool place & drink a beverage containing electrolytes and sodium, like a sports drink. #BeatTheHeat
- If working outdoors, recognize when someone is suffering from dehydration or heat stroke & act quickly! Learn the signs: <https://www.cdc.gov/niosh/topics/heatstress/heatrelillness.html> #SummerSafety
- Here's a sizzling summer tip - Get trained in first aid to learn how to treat heat-related emergencies! #SummerSafety
- Have you ever experienced the "urban heat island effect?" Learn more about #HeatSafety and how to prepare at [www.ready.gov/heat](http://www.ready.gov/heat)
- Video: #HeatSafety information and tips in American Sign Language <https://youtu.be/ODZFOJowvb8>
- #BeatTheHeat by making water your beverage of choice during extreme heat over soda to prevent dehydration.
- During extreme heat, check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone. #SummerSafety
- High heat and humidity cause the body to work extra hard to maintain a normal temperature. Stay indoors with air conditioning. More tips at [www.ready.gov/heat](http://www.ready.gov/heat) #HeatSafety
- Too hot to play outside? [www.ready.gov/kids](http://www.ready.gov/kids) offers plenty of games and activities that will help children learn and prepare for emergencies as they play! #SummerSafety

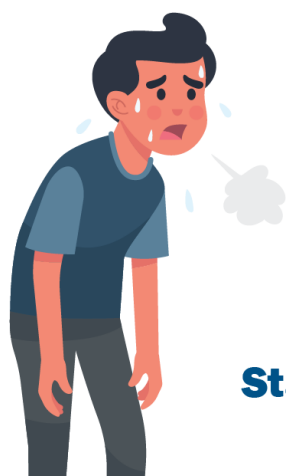
## Car Safety

- NEVER leave children or pets alone in hot vehicles! Heat can rise in a car, up to 20 degrees in just 10 minutes! #BeatTheHeat
- Even with the windows rolled down, only minutes in a hot car can be deadly for your pet! NEVER leave your pets in the car! #PetPreparedness #HeatSafety
- If you see a kid in a hot car- act fast! You could save a life! #HeatstrokeKills #HeatSafety
- Heat related deaths ARE preventable! Look before you lock! <http://www.weather.gov/heat>

## Graphics



**Head to a local cooling center to #BeatTheHeat**



**#BeatTheHeat**

**Stay in the shade or indoors  
during extreme heat!**



**Head to a local cooling center to #BeatTheHeat**

**PETS SAFETY TIPS**  
Hot Weather Rules For Pets

- KEEP YOUR PET HYDRATED** (Icon: water droplets and a water bowl)
- DON'T LEAVE YOUR PET IN THE CAR** (Icon: car with sun and thermometer)
- KEEP PAWS AWAY FROM HOT PAVEMENT** (Icon: paw on pavement)
- KNOW SIGNS OF OVERHEATING** (Icon: sun and a dog with steam coming out of its ears)



**Temperatures rise fast, even with the windows down. Call 911 if you see a pet in a hot car.**

**#BeInformed**







WEAR LOOSE-FITTING CLOTHES  
IN **LIGHT COLORS.**

DARK COLORS  
ABSORB THE  
SUN'S RAYS.



[WWW.READY.GOV/HEAT](http://WWW.READY.GOV/HEAT)



**WHEN TEMPS RISE  
OUTSIDE, GET INSIDE!**

Head somewhere like a shopping mall  
or library with A/C to #BeatTheHeat



[READY.GOV/HEAT](http://READY.GOV/HEAT)