

Extreme Heat Resources

General Resources:

- [Hot Weather Precautions | Washington State Department of Health.](#)
- [Extreme Heat | Washington State Department of Health.](#)
- [Extreme Heat | Ready.gov.](#)
- [Extreme Heat Preparedness Checklist \(redcross.org.\)](#)

Cooling Centers:

- [Washington 2-1-1 | Search \(wa211.org.\)](#)
- [Cooling Resources | Gonzaga University.](#)

National Weather Service:

- Forecast, updates - [Pendleton](#), [Portland](#), [Seattle](#), [Spokane](#).
- [HeatRisk.](#)
- [Watches, Warnings, Advisories.](#)

Vulnerable Groups:

- [Protecting Vulnerable Groups from Extreme Heat | Natural Disasters and Severe Weather | CDC.](#)
- [Heat and People with Chronic Medical Conditions | Natural Disasters and Severe Weather | CDC.](#)
- [Heat and the Low Income | Natural Disasters and Severe Weather | CDC.](#)
- [Heat and Infants and Children | Natural Disasters and Severe Weather | CDC.](#)
- [Heat Stress in Older Adults | Natural Disasters and Severe Weather | CDC.](#)
- [Managing Diabetes in the Heat | Diabetes | CDC.](#)

Access and Functional Needs Risk Communications:

- [Access and Functional Needs Toolkit: Integrating a Community Partner Network to Inform Risk Communication Strategies | State and Local Readiness | CDC.](#)
- [Access and Functional Needs Toolkit: Integrating a Community Partner Network to Inform Risk Communication Strategies \(cdc.gov.\)](#)
- [HHS emPOWER Map](#) - Updated monthly and displays the total number of at-risk electricity-dependent Medicare beneficiaries who rely on durable medical equipment and other essential healthcare services. Map users can select data to inform their emergency preparedness, response, recovery, and mitigation public health activities.
- [Be Prepared for Extreme Heat | ACL Administration for Community Living.](#)

Medication Considerations:

- [Safe Drug Use After a Natural Disaster | FDA.](#)
- [Information Regarding Insulin Storage and Switching Between Products in an Emergency | FDA.](#)
- [Emergency Preparedness - Keeping Medications Safe \(Feb 2016\) | FDA.](#)