

## **Extreme Heat**

### Disaster Tips

Extreme Heat can push the human body to its limits. The high temperatures, humidity, and slow evaporation that come with a heat wave make the body work extra hard to maintain a normal temperature. The following steps and precautions can aid during these uncomfortable conditions:

- Check to make sure your home is well insulated and the cooling system functions properly.
- Use drapes or shades to cover windows that are exposed to morning or afternoon sunshine.
- Installing temporary aluminum-covered cardboard on a window can help reflect the heat back outside.
- Plan to go to a cool building during the hottest parts of the day (usually anytime between 12:30PM and 4PM).
- Dress in light, loose clothing
- Drink plenty of water and eat well-balanced, light, and regular meals.
- Avoid strenuous work and outdoor activities.
- Never leave children or pets alone in a closed vehicle.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- In the event of a power outage, relocate to the lowest area in your home, away from sunshine.