

Heat Wave Safety Plan

This playbook provides a step-by-step guide on how to remain safe, cool, and hydrated during a heat wave. It also includes how to recognize the signs of heat-related illnesses.

Step 1: **Stay Informed**

Monitor local weather forecasts to stay updated on heat wave advisories and plan activities accordingly to avoid extreme heat exposure.

Step 2: **Hydrate**

Increase your fluid intake regardless of your activity level. Do not wait until you are thirsty to drink water, and avoid alcohol and sugary drinks.

Step 3: **Stay Cool**

Use air conditioning to cool down or take a cool shower or bath. If your home does not have air conditioning, find a cooling center or public space like a library or shopping mall.

Step 4: **Dress Appropriately**

Wear lightweight, light-colored, and loose-fitting clothing to help keep body temperatures down.

Step 5: **Limit Activity**

Try to limit outdoor activities to morning and evening hours. Rest often in shady areas so that your body has a chance to recover from the heat.

Step 6: **Protect Skin**

Apply sunscreen with a high SPF to protect your skin from the sun's harmful ultraviolet rays, which can exacerbate heat-related issues.

Step 7: **Stay Connected**

Check on elderly, the very young, and people with heart or respiratory conditions, as they are more likely to become ill from the heat. Ensure they have access to cooling and hydration.

Step 8: **Recognize Illness**

Learn the signs of heat-related illnesses such as heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash. Be prepared to take immediate action if symptoms are present.

Step 9: **Respond to Symptoms**

If someone shows signs of a heat-related illness, move them to a cooler place, help them cool down with cool cloths or a cool bath, and seek medical attention if symptoms are severe or persist.

General Notes

Hydration Tips

Carry a water bottle with you at all times. Set reminders to drink if necessary. Include fruits and vegetables with high water content in your diet.

Cooling Devices

Utilize fans, cold packs, or damp towels for additional cooling. However, note that fans alone are not enough during extremely high temperatures and humidity.

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