

# Be Red Cross Ready

Prepare so you can protect.

## Extreme Heat



**American  
Red Cross**

# Extreme Heat



Prolonged period of high heat and humidity

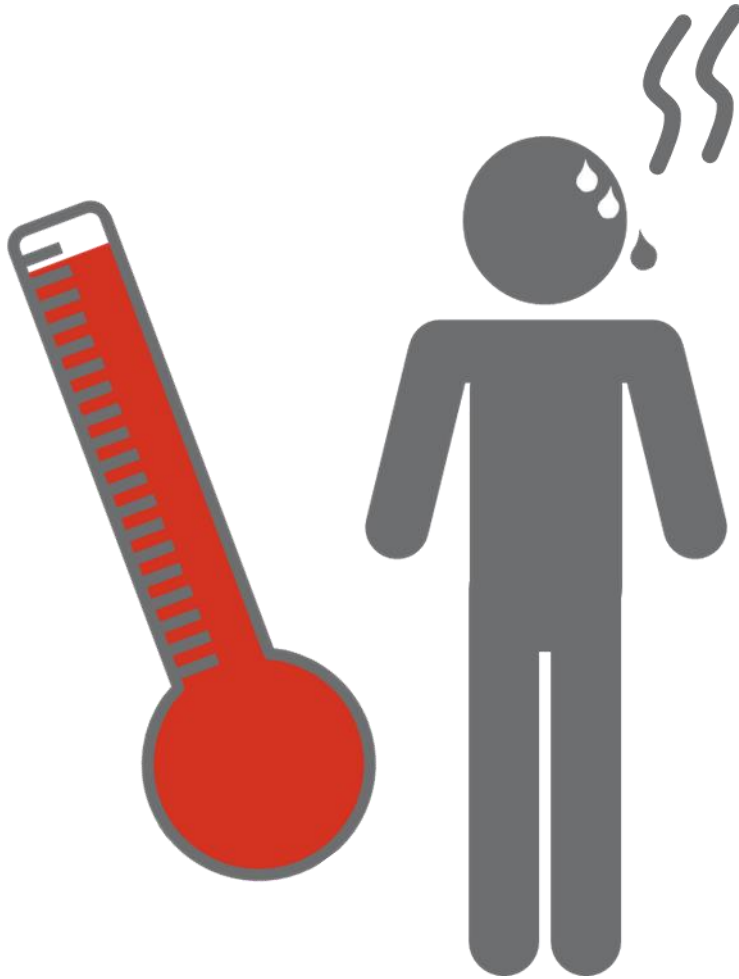
Warm overnight temperatures

Specific criteria varies by region

# Extreme Heat Alerts

<b>Watch</b>	<b>Advisory</b>	<b>Warning</b>
<p>Excessive heat possible in 24-72 hours</p>	<p>Forecasted heat index of 100° or higher</p>	<p>Forecasted heat index of 105° or higher</p>
<ul style="list-style-type: none"><li>■ Be ready.</li><li>■ Monitor updates.</li></ul>	<ul style="list-style-type: none"><li>■ Take precautions.</li></ul> <p>Potential for heat illness</p>	<ul style="list-style-type: none"><li>■ Take immediate precautions.</li></ul> <p>Serious heat illness possible</p>

# Extreme Heat



When our bodies can't keep cool, we get heat-related illness.

# Planning and Preparation



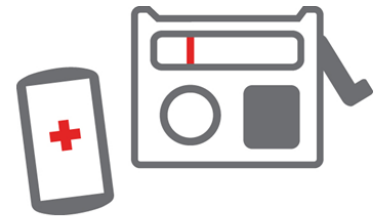
## Enhance kits

- Electrolyte water or drinks
- Ice packs



## Tailor your plan

- Identify cooling zones
- Prepare for power outages



## Stay informed

- Monitor temperature and heat index
- Listen for updates

# Staying Safe During Extreme Heat

## 1 Keep cool

- Stay in air conditioning.
- Wear loose-fitting, lightweight clothes.
- Take cool baths and showers.
- Avoid using the stove and oven.

**NEVER** leave anyone alone in a parked vehicle

# Staying Safe During Extreme Heat

## 2 Hydrate

- Drink more water than usual.

**Avoid** alcohol and caffeine

## 3 Limit outdoor activity

- Postpone outdoor activities.
- Use sunscreen and wide-brimmed hats.
- Take frequent breaks.

**Avoid** peak hours

# Staying Safe During Extreme Heat

## 4 Stay connected

- Monitor the weather.
- Check on and assist others.
- Check on your pets.

**Avoid** being alone

## 5 Stay aware

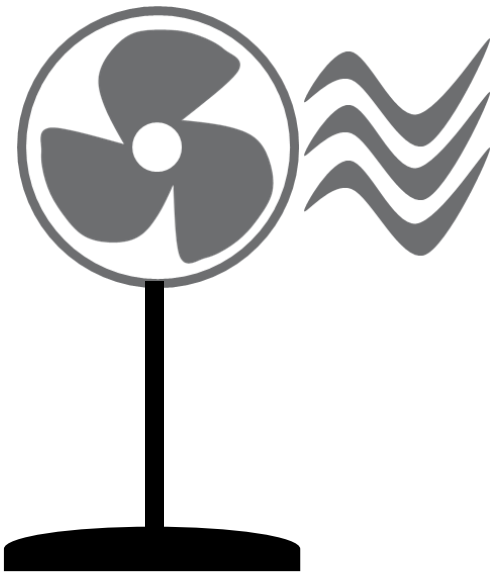
- Be aware of heat illness.
- Recognize the signs.
- Know how to treat.

**Avoid** overheating



# Staying Safe During Extreme Heat

- 1** Keep cool
- 2** Hydrate
- 3** Limit outdoor activity
- 4** Stay connected
- 5** Stay aware



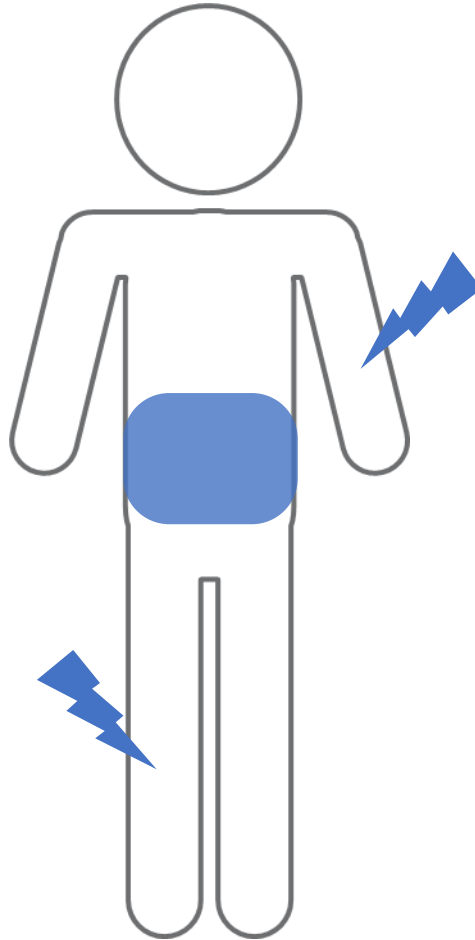
Be **Red Cross** Ready Prepare so you can protect.



V.2 2020.07.14

# Heat Cramps

- Muscle pain or spasms
- Arms, legs, or stomach



# Heat

## Exhaustion

Faint or dizzy

Heavy sweating

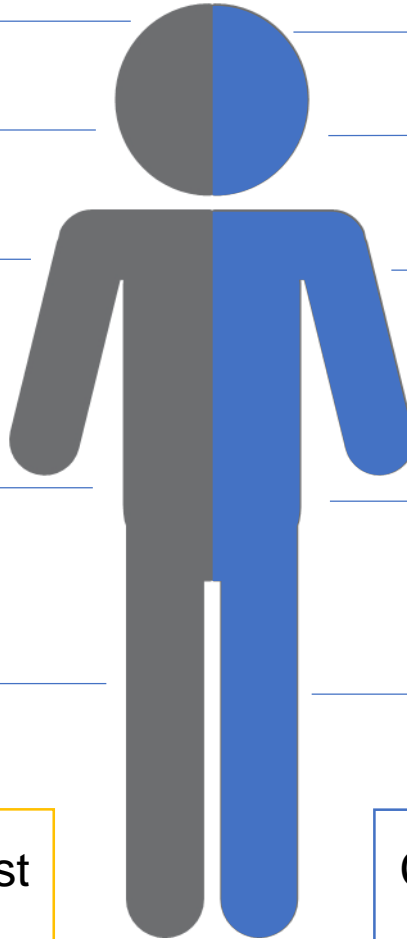
Cool, pale,  
clammy skin

Elevated heart rate  
and breathing

Nausea

Weakness or  
fatigue

Affects the entire body, not just  
muscles



## Heat Stroke

Throbbing headache

No sweating

Temperature **>103°F**

Red, hot skin

Rapid, shallow  
breathing

Vomiting

Confusion or loss  
of consciousness

Can permanently damage vital  
organs, including the brain

# Treating Heat Illnesses

## Cramps

Stop all activity

Move to a cool place

Gently stretch and massage the area

Sip electrolyte drink

## Exhaustion

Move to a cool place

Loosen clothing

Apply cool, wet towels

Sip electrolyte drink

## Stroke

Call **911**

Cool them down

Do **NOT** give fluids

Get **HELP** if it lasts longer than one hour or the condition worsens

# Pet Safety During Extreme Heat

- Provide access to fresh water and shade.
- Limit pet exercise.
- Never leave a pet in a car.
- Keep air conditioning on at home.



# Preparing Your Home

- Cover windows.
- Install weather-stripping.
- Use window reflectors to reflect heat back outside.
- Add insulation.
- Use attic fans.
- Install window air conditioners.



# Download the Red Cross Emergency App!

Monitor over 35 different  
severe weather and  
emergency alerts to keep  
you and your loved ones safe.

