SOUTH KING FIRE

# Extreme Heat Preparedness

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. Being prepared can help you and your family stay safe.

**Make sure you have emergency supplies at home since stores may be closed.** Gather food, water and medicine. Organize supplies into a Go-Kit and a Stay-at-Home Kit.

In the event of a power outage, there may be no clean drinking water. Set aside at least one gallon of drinking water per person per day.

Consider adding drinks with electrolytes. Include sunscreen and wide-brimmed hats.

## Stay Hydrated

- Drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone's needs may vary.
- Check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- Avoid sugary, caffeinated and alcoholic drinks.
- If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.
- Talk to your doctor about how to prepare if you have a medical condition or are taking medicines.

## Make a Plan to Stay Cool

- Do not rely only on electric fans during extreme heat. When temperatures are in the high 90s, fans may not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.
- 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 cooling options in your area.
- Cover windows with drapes or shades.
- Make sure you have plenty of lightweight, loose clothing to wear.
- Create a support team of people you may assist and who can assist you. Check in with them often to make sure that everyone is safe.

## HEAT RELATED ILLNESS

For more information or in person training please fill out a participation request form online at SouthKingFire.Org or email CAO@SouthKingFire.Org

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**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. if possible: move the person suffering from heat stroke into a cool, shaded area; remove any outer clothing; place a cold wet cloth or ice pack on the head, neck, armpits and groin, or soak the person's clothing with cool water; elevating their feet

**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.

## Plan to Stay Connected

Sign up for free emergency alerts from your local government.

Plan to monitor local weather and news.

Have a backup battery or a way to charge your cell phone.

Have a battery-powered radio during a power outage.