



Heat Wave

Preparedness Empowers You It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

Be Ready Navy!
I am. Are you?

A heat wave is defined as any time temperatures reach 10 or more degrees higher than the average high temperature for the region for several weeks. Extreme heat can be very dangerous. In the United States each year, 400 people die from heat-related complications, more than from any other natural disaster.

How to Prepare

- 1 Be **informed** and know heat terminology:
 - **Heat Wave**—An extended period of extreme heat, usually combined with excessive humidity.
 - **Heat Index**—A number of degrees in Fahrenheit (F) added to the air temperature that tells how hot it feels with the relative humidity.
- 2 Listen to local weather forecasts and stay aware of upcoming temperature changes.
- 3 Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- 4 Make a **plan** to keep you and your family safe from the effects of extreme heat.
- 5 Make sure you have a fan or something to circulate air in extreme heat as many heat-related deaths can be attributed to stagnant atmospheric conditions or poor air quality.
- 6 Weather-strip doors and sills to keep cool air in.
- 7 Cover windows that receive morning or afternoon sun with drapes, shades, etc.
- 8 Build an **emergency kit**.

What to Do If There Is a Heat Wave

- Slow down and don't do anything too strenuous.
- Stay inside as much as possible.
- Never leave children or pets alone in closed vehicles.
- If air conditioning is not available in your home, stay on the lowest level or go to a public building with air conditioning.
- If you stay in your home without air conditioning, make sure there is a way, such as a fan, to circulate the air around you.
- Drink lots of water, even if you don't feel thirsty.
- Eat well-balanced, light, and regular meals.
- Avoid alcohol, caffeine, and salt.
- Wear loose, light-colored clothing.
- Be aware that a power outage or drought can result from a heat wave.

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Heat Emergencies

Keep a lookout for possible heat emergencies:

- Heat cramps—Muscle spasms and aches from heavy exertion in extreme heat. They are usually the first sign of heat-related complications.
- Heat exhaustion—A form of mild shock that results from insufficient body fluids due to extreme heat and excessive exercising. The blood flow to the skin increases, decreasing
- Heat stroke/sun stroke—The body's temperature control system stops working, causing body temperature to rise so high (103°F or more) that there may be brain damage or death.
- If you experience or observe any of the above conditions, seek medical attention immediately.

blood flow to vital organs and raising the body temperature, increasing the risk of a heat stroke.

Where to Find Additional Information

- Centers for Disease Control and Prevention (CDC)—
 - » http://emergency.cdc.gov/disasters/extremeheat/heat_guide.asp
 - » www.bt.cdc.gov/poweroutage/pdf/poweroutage.pdf
- Department of Homeland Security (Ready.gov) & FEMA—www.ready.gov/heat