



Heat Waves | Before Hazard Preparation Checklist

What Can I Do Before a Heat Wave?

- Purchase a NOAA Weather Radio to ensure you receive critical warning information.
- Register for CT Alert.
- Plan how you will communicate with your family and friends if telephone or Internet systems are down.
- Make a 72-hour emergency kit.
- Plan what you will do to protect or evacuate your pets and/or farm animals.
- Discuss with members of your household the precautions they should take to stay safe in excessive heat. Everyone should know what to do in the places where they spend time. Some places may not be air conditioned or safe during a heat wave, so plan alternatives.
- If your home does not have air conditioning, identify emergency cooling centers including schools, libraries, movie theaters, and other designated community facilities.
- Modify daily activities to avoid strenuous work during the warmest part of the day, and take action to prevent overexertion or dehydration.
- Discuss with a physician any concerns about members of the household who are taking medications or have medical conditions that may cause poor blood circulation or reduced ability to tolerate heat.
- Plan to check on family, friends, and neighbors who do not have air conditioning or who spend much of their time alone. Elderly persons who live alone or with a working relative may need assistance on hot days.
- Plan to wear lightweight, light-colored clothing.
- Take an American Red Cross first aid course to learn how to treat heat-related and other emergencies.
- Install window air conditioners snugly and ensure that your home is properly insulated.
- Keep storm windows installed throughout the year, and protect windows from the sun with shades or drapes.
- Install and use an attic fan.