



Heat Waves | During Hazard Preparation Checklist

What Should I Do During a Heat Wave?

- ❑ Dress appropriately for the heat.
- ❑ Drink plenty of fluids even if you do not feel thirsty. People who have epilepsy or heart, kidney, or liver disease, who are on fluid-restricted diets, or who have a problem with fluid retention should consult a doctor before increasing liquid intake. Avoid drinks with alcohol or caffeine.
- ❑ Eat small meals and eat more often.
- ❑ If your home does not have air conditioning, locate and go to a cooling shelter
- ❑ Reduce, eliminate, or reschedule strenuous activities, including sports. Get plenty of rest. Take frequent breaks if you must work outdoors, and use a buddy system.
- ❑ Never leave children or pets alone in closed vehicles.
- ❑ Avoid too much sun exposure, and watch for signs of heat exhaustion and heatstroke.
- ❑ Stay indoors as much as possible, and avoid extreme temperature changes.
- ❑ Conserve electricity not needed to keep you cool.
- ❑ Vacuum air conditioner filters weekly during periods of high use to keep air conditioners running efficiently.
- ❑ Use fans to cool areas that are not air conditioned or open to breezes.
- ❑ Check on your animals frequently to ensure that they are not suffering stress from the heat. Provide plenty of water for drinking and cooling. Very young and old animals, and animals with short snouts, are more susceptible to the effects of extreme heat.