

## *Heat Wave*

### Heat Wave Preparedness Tips

#### Before

- Know your disaster risks and create a family disaster plan at [www.CaliforniaVolunteers.org](http://www.CaliforniaVolunteers.org)
- Discuss heat safety precautions with your family
- Contact your neighbors to discuss preparation for heat waves
- Stock a disaster supply kit and include flashlight and batteries in case of a power outage
- Get trained on first aid and learn to treat heat-related illness

#### During

- Minimize physical activity and drink plenty of water
- Stay inside. Go to an air-conditioned mall or library if your home has no air conditioning
- If you must go outside in the heat, wear a wide-brim hat and sunscreen. Go outside early in the morning when it is the coolest
- Watch for warning signs for heat exhaustion and heat stroke such as headache and weariness
- Contact neighbors, elderly and those in poor health to ensure that everyone is unharmed

#### After

- Make sure your air conditioning is in good running order for future heat waves
- Restock your disaster kit with water and batteries
- Limit sun exposure, always use sunscreen
- Continue to listen to local news and weather channel for future extreme heat conditions
- Never leave children in a vehicle, whether or not there is a heat emergency

### Disasters can strike any time. Be prepared.

Go to [CaliforniaVolunteers.org](http://CaliforniaVolunteers.org) and create a family disaster plan today.