



# HEAT PREPAREDNESS

## Home Preparation

- Test your air conditioner and make sure it's cooling properly
- Replace or clean HVAC filters
- Close blinds or curtains on sun-facing windows during the hottest part of the day.
- Locate flashlights and backup batteries in case of a power outage.
- Charge portable phone chargers and electronic devices.
- Know the location of the closest cooling center, library or public building with A/C.

## Family and Personal Safety

- Learn the warning signs of heat exhaustion and heat stroke.
- Plan outdoor work, exercise and recreation for morning or evening hours.
- Wear lightweight, light-colored clothing when outdoors.
- Apply sunscreen and reapply as directed.
- Check in on older relatives, neighbors and others who may be vulnerable during extreme heat.

## Water and Supplies

- Keep plenty of drinking water available at home
- Stock electrolyte drinks or supplies to help replace fluids lost through sweating.
- Make sure medications are stored according to temperature recommendations.
- Refill any reusable water bottles before outdoor activities.

## Vehicle Safety

- Never leave children or pets unattended in a vehicle.
- Keep extra water in your vehicle.
- Check tire pressure regularly, as extreme heat can affect tires.
- Keep a phone charger in your vehicle.

## Pet Safety

- Make sure pets always have access to fresh water.
- Provide shade or air-conditioned shelter.
- Test pavement with your hand before walking pets outdoors.
- Limit outdoor activity during the hottest part of the day.