



Scenario 5: Excessive Heat Answer Key

1. Some actions to consider include filling the gas tank of your vehicle, installing a stand-by generator to run major appliances in case of a power failure, purchasing extra food and water, checking on pets, and calling or visiting elderly relatives, friends, and neighbors.
2. This may include outdoor activities such as walking, jogging, biking, and yard work. To minimize any potential negative health risks, consider performing these activities either very early in the morning or in the late afternoon when temperatures are cooler. If you absolutely must engage in these activities during excessively hot days, consider wearing a hat, sunglasses, light colored clothing, and sunscreen. Also, be sure to stay hydrated with either water or beverages containing electrolytes.
3. Reducing the demand on electricity in your home or office could include using Energy Star products. The Energy Star program is sponsored by the U.S. Environmental Protection Agency; it is a voluntary program that helps businesses and individuals save money and protect the environment through superior energy efficiency. Many products, ranging from air conditioners to refrigerators and washing machines, now bear the Energy Star logo. Other options include installing blackout shades, setting an air conditioner's thermostat to a higher temperature and turning the unit off completely when premises are vacant.
4. Installing a generator is a good way to ensure that air conditioners, major appliances and essential mechanical equipment remain operational should a blackout occur during a heatwave. Generators should be tested once per month to maintain viability.
5. Whether it be a cat, dog or something more exotic, pets require extra care and attention during times of excessive heat. Make sure that pets have ample food, water and shade, and are **not** left in a closed vehicle as this could be fatal.
6. Whether you live in densely populated or rural areas, it is critical to check on elderly friends, family members, and neighbors. During a heat wave, children and the elderly are at heightened risk for serious health conditions or death as a vulnerable population. Call or visit them often to confirm that they are in good health.
7. Get the latest weather forecast on your television, battery operated/solar/hand-crank radio, car radio or the National Oceanic and Atmospheric Administration site at www.weather.gov. Or download the FEMA app and enter your zip code to get a weather report tailored for your neighborhood.
8. This may include having items and services in place before the start of summer or the arrival of extreme heat. If a loved one is comforted by a certain item (a blanket, photograph, stuffed animal, etc.), be sure to pack the item when evacuating. If a relative requires regularly scheduled mental health therapy, make sure that his/her mental health provider is aware of the location of the shelter.
9. During heat waves, large metropolitan areas designate certain buildings as "cooling centers". This means that anyone can go to this area in order to maintain a healthy body temperature. Some of these buildings include public libraries, shopping malls, or other community centers. Some cities will provide a map that delineates certain cooling centers and their hours. Make sure to have this information on hand during the summer months.
10. Heat-related illness does not always manifest the same way and has several different stages. It is extremely important to be familiar with these symptoms so that you can get yourself or your loved one to a hospital immediately:



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- **Heat Cramps:** Symptoms include muscle pains or spasms in the stomach, arms, or legs. Go to a cooler location, remove excess clothing, and take small sips of cool sports drinks with sugar and electrolytes. Seek medical assistance if the cramps last for longer than an hour.
- **Heat Exhaustion:** Symptoms include heavy sweating, paleness, muscle cramps, fatigue, weakness, dizziness, headache, nausea/vomiting, or fainting. Go to an air-conditioned place and lie down, loosen or remove excess clothing, take a cool bath, and take sips of cool sports drinks with sugar and electrolytes. Get medical help if symptoms worsen or last over an hour.
- **Heat Stroke:** Symptoms include extremely high body temperature taken orally (>103 °F); red, hot, dry skin with no sweat; rapid, strong pulse; dizziness; confusion; or unconsciousness. Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until EMS arrives.