

# CALAMITY JANE EXPRESS (R)

## Emergency Checklist

at [www.calamityjaneexpress.net](http://www.calamityjaneexpress.net)

### Standard Messages

## Heat 1/2

### Watch, Warning, Advisory

- **Excessive Heat WATCH** means conditions are favorable for an event to meet or exceed local excessive heat warning criteria in the next 12 to 48 hours.
- **Excessive Heat WARNING** means that heat values are forecast to meet or exceed locally defined warning criteria for at least two days.
- **Excessive Heat ADVISORY** means hazardous heat conditions have begun or will begin within 36 hours and, if caution is not exercised, they could become life threatening.

### Protect Yourself

- **Learn the risks.**
- **Prepare members of your household.**
- **Plan how to get relief from and avoid the dangerous effects of excessive heat.**

### What to Do During a Heat Wave

- **Never leave a child or pet alone in a vehicle.**
- **Take it easy and stay indoors in excessive heat.**
- **Drink plenty of water and eat lightly.**

### During a heat wave, you should:

- Listen to NOAA Weather Radio or local radio or television stations for up-to-date information.
- Never leave children or pets alone in closed vehicles.
- Slow down. Avoid strenuous activity.
- Take frequent breaks if you must work outdoors.
- Use a buddy system when working in excessive heat.
- Watch for signs of heat exhaustion and heatstroke.
- Avoid too much sunshine.
- Postpone outdoor games and activities.
- Avoid extreme temperature changes.
- Stay indoors as much as possible.
- Keep heat outside and cool air inside.
- Conserve electricity not needed to keep you cool.
- Vacuum air conditioner filters weekly during periods of high use.
- If your home does not have air conditioning, go to a public building with air conditioning each day for several hours.
- 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.
- Avoid using salt tablets unless directed to do so by a physician.

### Dress appropriately:

- Wear loose-fitting, lightweight, light-colored clothing that will cover as much skin as possible. Lightweight, light-colored clothing reflects heat and sunlight and helps maintain normal body temperature. Cover as much skin as possible to avoid sunburn and the over-warming effects of sunlight on your body.
- Protect your face and head by wearing a wide-brimmed hat. A hat will keep direct sunlight off your head and face. Sunlight can burn and warm the inner core of your body.

### If you are at risk from excessive heat, you should:

- Discuss with members of your household the precautions they should take to stay safe in excessive heat.
- If your home does not have air conditioning, choose other places you could go to get relief from the heat during the warmest part of the day.
- Plan how you can change daily activities to avoid strenuous work during the warmest part of the day.
- 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.
- Plan to wear lightweight, light-colored clothing.
- Get training.
- Ensure that your animals' needs for water and shade are met.

### Make Your Home Safer

- **Keep heat out of your home and cooler air in.**

### To make your home safer during a heat wave, you should:

- Install window air conditioners snugly.
- Make sure your home is properly insulated.
- Consider keeping storm windows installed throughout the year.
- Check air-conditioning ducts for proper insulation.
- Protect windows from the sun.
- Use an attic fan.

### Recognize and Treat Heat Exhaustion and Heatstroke

- **Cool down the body as quickly as possible.**

Credits go to the American Red Cross and its affiliates at <http://www.redcross.org/disaster/disasterguide/standardmsg.html> for placing the Standard Messages into the Public Domain. There is NOT ANY affiliation between Calamity Jane Express ® and the American Red Cross and its affiliates