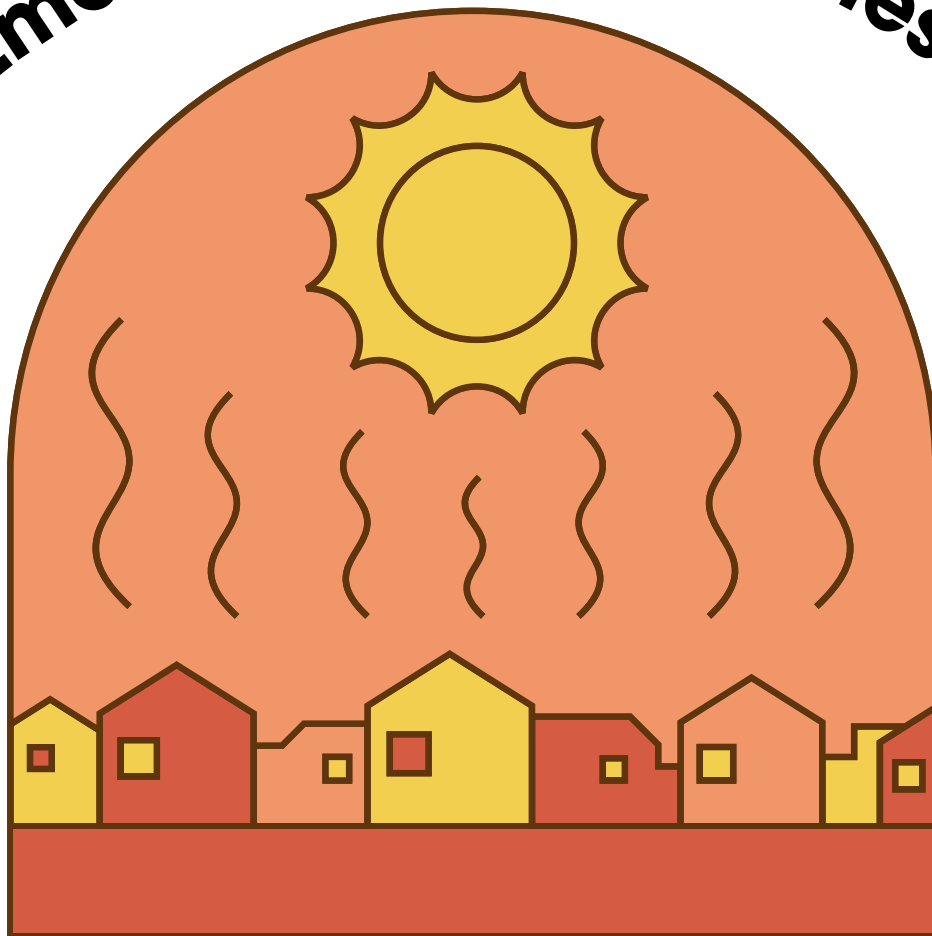


Climate Action Toolkits

Emergency Preparedness



Heatwaves



The Climate
Initiative

Dry Heat vs Humid Heat

As climate change continues to worsen, heat waves become more and more common. While there are general tips for dealing with heat, dry and humid heat dangers can impact humans differently.

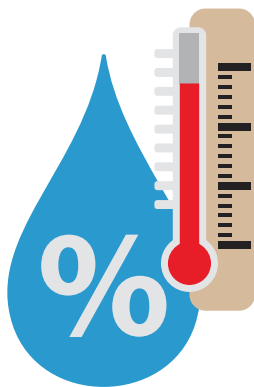
What is Wet Bulb Temperature?

Wet Bulb Temperature impacts areas that deal with humid heat. It is different from the “regular temperature” in that it also takes into account the humidity.

When a dry heat wave comes, our sweat creates a layer of cooling on our bodies as the sweat evaporates that help bring the temperature of our bodies down.



However, when it is humid outside, your sweat no longer provides that benefit. The moisture that is created on the surface of your body now only matches the humidity outside of your body and your body is unable to cool itself naturally.



When high heat meets high humidity, it can be deadly if you are unable to cool yourself down.

Dangers of Heatwaves

How Heatwaves affect Humans	Other Problems That Arise From Heat Waves
<ul style="list-style-type: none">• Head aches• Dizziness, disorientation and fainting• Exhaustion• Nausea• Heatstroke which can lead to death• Infants, small children, the elderly and people who get heat flashes are at particularly higher risk• Excessive heat negatively impacts the heart and kidneys	<ul style="list-style-type: none">• Power Outages caused by strained energy grids, and be energy officials needing to turn off the grid to prevent wildfires• Wildfire risk goes up• Droughts• Negative impacts on agriculture, some agriculture requires cool night temperatures• Animal livestock also are negatively affected by heat strokes• Milk producing animals have been recorded having lower milk production during heat waves



Compounding Issues

Heatwaves aren't just about heat! They can create a domino effect and cause other issues as well!

Power Outages

If it gets hot enough, power companies will need to turn off the power or risk starting a wildfire. Alternatively, sometimes the power grid is so strained because so many people are trying to cool themselves off that power outages happen.



Wildfires

In dry climates with high temperatures comes very dry air, and any spark can start a wildfire. Sometimes they occur on their own. Wildfires will then cause a host of their own issues like respiratory problems and raining ash!



Cooling Down Key Parts of the Body

If you can't get into a cool place, cooling down key parts of the body can help keep you feeling cooler and keep your temperature down.

Head

Wetting your head can cool you down immediately. If you have hair, and wet your hair, evaporative cooling will help keep you cool.

Neck

If you can not wet your head, putting a wet cloth along your neck will provide a similar effect and cool you through evaporative cooling.

Hands and Wrists

Pressing something cold down on your wrists can help cool you down a little. Your wrists have veins and arteries close to the surface of the skin. Cooling your hands and wrists cools the blood, and helps you cool down.

Chest

Similar to wrists, pressing something cold down on your chest can help cool you down. Your chest has veins and arteries close to the surface of the skin. Cooling your chest cools the blood, and helps you cool down.

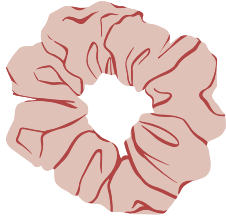
Feet

Cooling your feet down helps reduce your core temperature, and reduce swelling in feet and ankles.



Keeping your body cool

- Wear loose fitting clothing ideally made of natural fibers, synthetic fibers can make you feel hotter.



- Pull your hair up and expose your neck. Your neck traps a lot of heat, and having your hair down can make you hotter

- Quick showers throughout the day to keep you cool. You do not need to stay in the shower long as it is not to clean yourself, be mindful if you are in an area that is experiencing droughts. You just need to be in there intermittently to bring your temperature down.



- Damp clothes can give you an evaporative cooling effect for a prolonged period of time.

- Stay hydrated with cool drinks. Consider iced teas made with herbs that provide a cooling effect such as mint, lemongrass, or lavender to help cool yourself down.



Signs You Need Help

How do you know if you need help? Look out for the symptoms of heat stroke and heat exhaustion, which are very similar.



It has gotten so hot that the temperature of your body has reached:

- 103 degrees F
- 39 degrees C

You start getting headaches from the heat, feeling dizzy or confused.



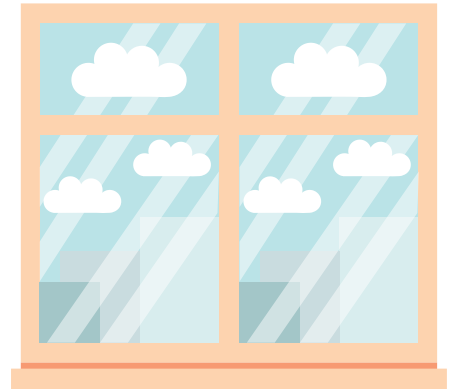
If you start feeling weak and tired and sweating excessively. Fainting or loss of consciousness mean you need to get professional medical help as soon as you can.

If any of these symptoms begin with you or others, begin by cooling yourself down to the best of your ability **IMMEDIATELY**. If symptoms persist for one hour, get medical help **IMMEDIATELY**.

Fans at high temperatures can make you feel hotter, if temperatures are above 95 degrees Fahrenheit (35 degrees Celsius).

Tips for Keeping Your Home Cool

Put Solar Window Film on your windows. (Sometimes also called Heat Control Film or Heat Blocking Film) It can be found at home improvement shops and online and is fairly affordable. Window Films work by being reflective and reflecting the sun's rays outward. Because of this, there is the bonus of privacy during the day, people looking in can not see in, they will only see themselves. Window Solar Film brings the temperature of your home down.



Close your curtains or blinds to prevent heat from coming into your home. White or light colored curtains are best as dark colored curtains can capture and trap heat in your home.

Plants help block the sun! Trees, vines, large shrubs can help provide shade and a cooling affect that can help if you don't have AC or if you are trying to keep you bills down in the summer months. If you can't plant a tree, a lattice and a vine, or a large potted plant can provide some shade.



Tips for Keeping Your Home Cool

Paint the roof of your home white! Light colored roofs and homes will not absorb as much heat as home that are dark colors.



If you have a ceiling fan, make sure the blades are spinning counter clock wise. This will push air straight down.

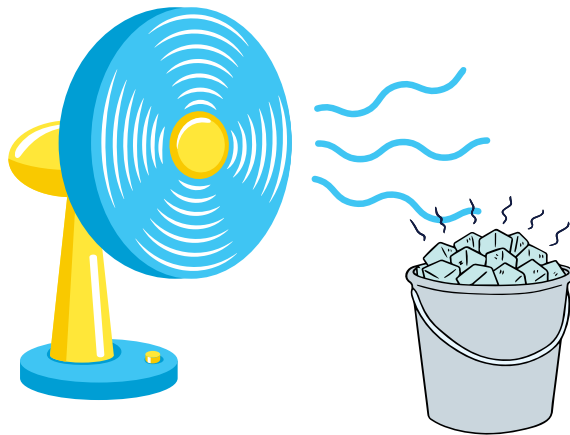
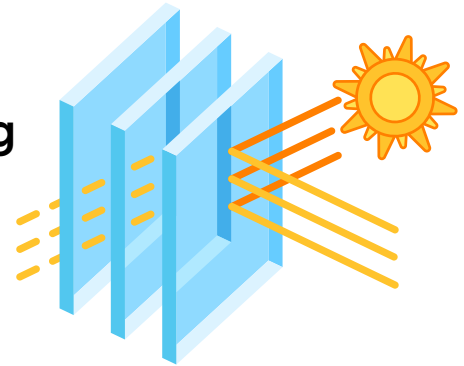
If closing your windows means your home is getting too stuffy, open up your windows to promote air flow. Windows on opposite sides of a room will do this best. Box fans will help circulate the air.



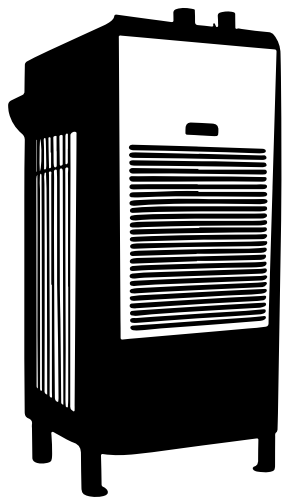
Placing awnings over your windows will help create shade and prevent as much sunlight from being able to enter your home through the windows.

Tips for Keeping Your Home Cool

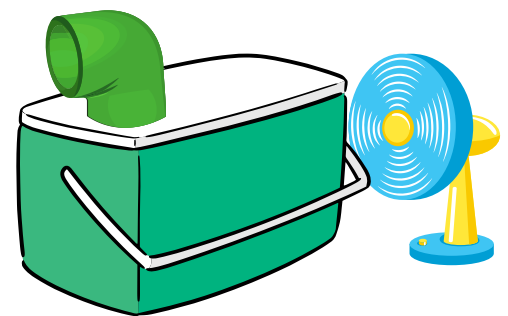
Multi pane windows. Single pane windows can absorb much heat, making it hotter for your inside. Multipane windows can help reduce how much heat from the sun enters your home.



Put a fan over a bucket of ice so the fan pushes out the cold air generated by the ice.



Buy or make an evaporative cooler! AKA a Swamp Cooler. Using an ice chest you do not need, cut either two holes on the top of the ice chest or one on top and another on the side. One will be for your fan to blow in, and one will be to help push cold air out!



Find Cooling Centers

If you are unable to cool your home down enough to comfortably be inside, you may need to find a cooling center. In addition to these places listed below, your city or county may have designated cooling centers. Places specifically designed to help the public cool off during heat waves.

Go to the search engine of your choice and look up cooling centers in your area, there may be a list of places you can go.

Consider visiting any of the following to beat the heat.

- Libraries
- Cafes
- Museums
- Community Centers
- Community Pools
- Gyms
- Movie Theaters
- Malls
- Beaches
- Lakes
- Rivers



Heatwaves and Animals

Pets	Wild Animals
<ul style="list-style-type: none">• Dogs with particularly short snouts are particularly negatively impacted by heat waves as they have a harder time being able to self regulate their temperature• Cats may start panting, excessive drooling, vomiting and swearing through their paws• In the heat, birds are prone to rapid breathing and holds wings away from the body	<ul style="list-style-type: none">• Some animals like birds, can not sweat, so they can not regulate their internal temperature as heat rise• Insects “drop dead”• Animals that live in trees such as birds, lizards, and monkeys have been known to drop dead out of trees as well• Amphibians can dry out when water evaporates• Food supply is negatively impacted because fruits and vegetables will ripen faster, and go bad faster• “False autumns” are created when leaves fry in the heat and then drop, making it even harder for animals to find shade



Emergency Alert Systems

Be aware of the Emergency Alert Systems that are available to you. Emergency Alert Systems often send time sensitive information that update you about developing situations.

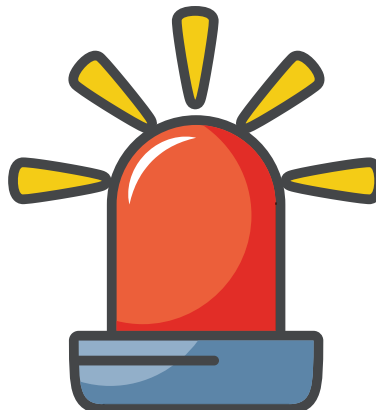
If you are in the United States, download the American Red Cross Emergency: Severe Weather App

The American Red Cross Emergency Severe Weather App is a free weather app that helps you prepare for winter weather, earthquakes, wildfires, and much more. With a dynamic to-do list, you'll know what actions to take to get ready. And if a disaster impacts your location, you can easily find open Red Cross shelters with our interactive map.

Available in English and Spanish



Apple



Android

