



# California Heatwaves Emergency Preparedness



**SCORE**

# How To Solve Heatwaves

One of the lenses that climate solutions can be seen through is Climate Adaptation and Climate Mitigation. Climate Adaptation responds to the lived reality we are experiencing now. Climate Mitigation has the goal of solving the root of the problem, which might take longer to accomplish, and feel the results.

Climate Adaptation Solutions	Climate Mitigation Solutions
<ul style="list-style-type: none"><li>• Awnings for shade</li><li>• Fans, Evaporative Coolers Heat Pumps and Air Conditioners</li><li>• Cooling Centers</li><li>• Solar Film for Windows</li><li>• Multipane Windows</li><li>• Pools</li><li>• Painting your roof white</li><li>• Building houses in a way that considers the sun's movement throughout the day</li></ul>	<ul style="list-style-type: none"><li>• To combat urban heat islands, intentionally growing native trees and plants to improve the biodiversity.</li><li>• Stopping the use of fossil fuels which release heat trapping gasses into our atmosphere</li><li>• Preventing deforestation from happening, which brings temperatures higher when plant life is removed.</li><li>• Shrinking the animal agriculture, fast fashion, and aviation industry as they are large scale emitters of carbon into the atmosphere</li></ul>

# Dangers of Heatwaves

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

# How To Cool Down Key Parts of the Body

## 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

## Chest

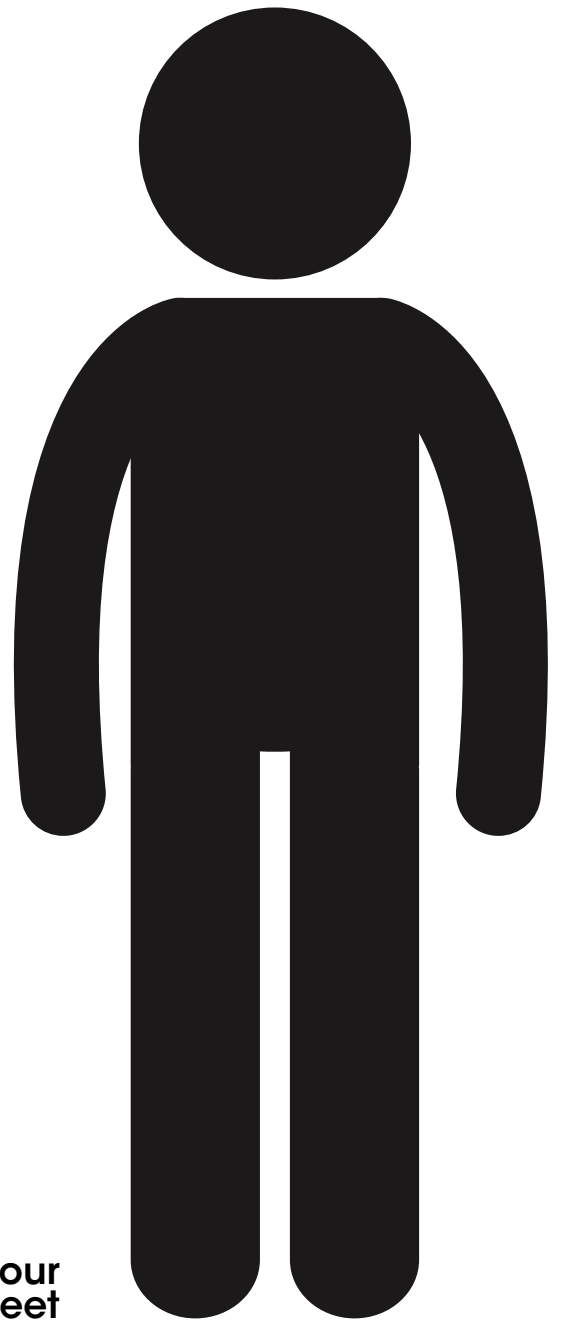
Similar to wrists, pressing something cold down on your chest can help cool you down. Your chest has veins and arteries close to the surface of the skin. Cooling your chest cools the blood, and helps you cool down.

## 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.

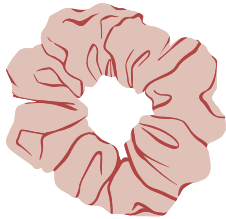
## Feet

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).

# 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!

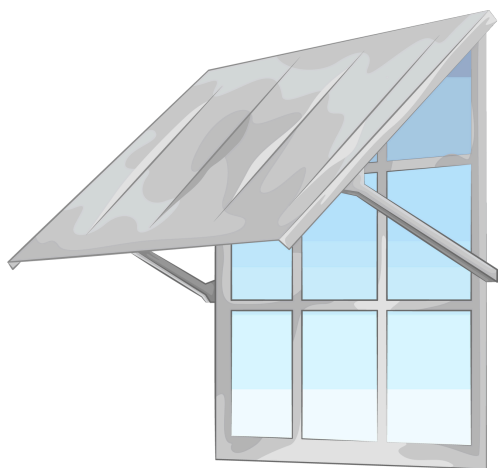


# Tips for Keeping Your Home Cool



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.

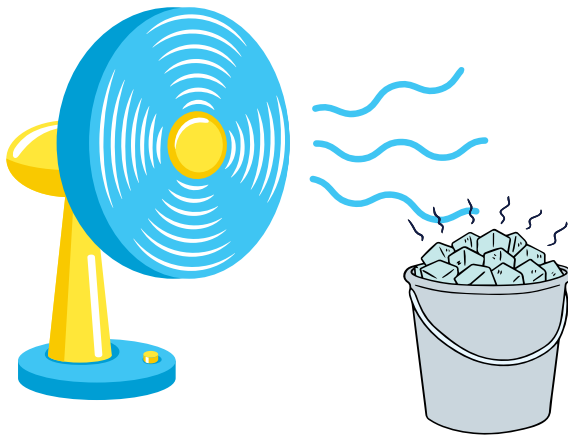
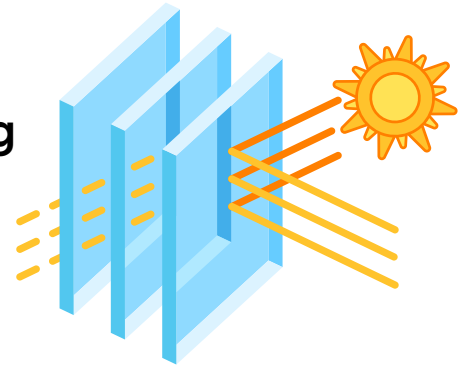


Placing awnings over your windows will help create shade and prevent as much sunlight from being able to enter your home through the windows.

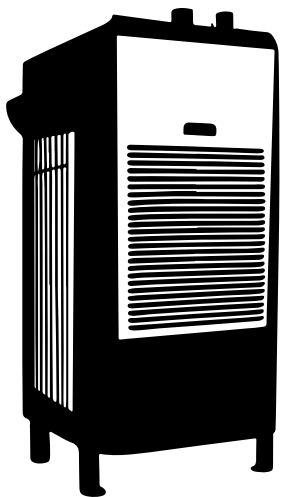


# Tips for Keeping Your Home Cool

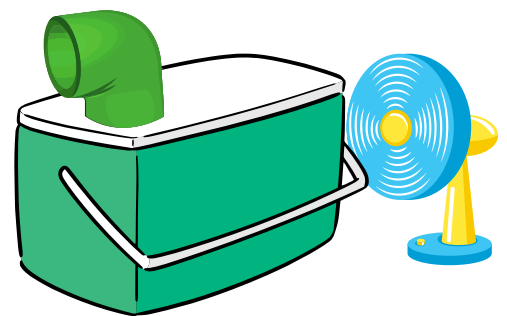
Multi pane windows. Single pane windows can absorb much heat, making it hotter for your inside. Multipane windows can help reduce how much heat from the sun enters your home.



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!



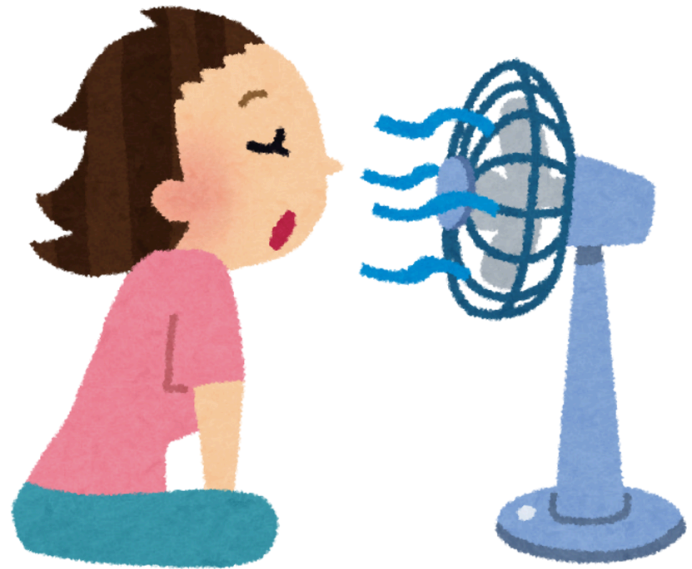
# Find Cooling Centers

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



# Ways to Keep Your Home Cool During a Heatwave



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 Solar Film keeps the temperature of your home down by reflecting the heat back out before it comes into your home.

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 into a window with solar film can not see in, they will only see a reflection of outside.

# Ways to Keep Your Home Cool During a Heatwave

Plants help block the sun and have been proven to provide up to 10 degrees of cooling to areas that they shade.

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 in front of your home, there are still other ways to incorporate plant life!



- Large potted plants like shrubs, smaller trees and large bushy plants
- Lattices and vines
- Plants along with awnings and other forms of man-made shade will not only contribute to the shade but also keep things cool.
- It IS possible to buy a matured tree!

# Heatwaves and Animals

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

# 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