Prepare an Emergency Kit

Prepare to meet the needs of a family member or friend who has specific needs. Prepare emergency kits for all emergencies with the following items:

- Two weeks supply of nonperishable food and manual can opener.
- Two weeks supply of water (one gallon of water per person, per day).
- Prescribed medication.
- First aid kit.
- Fire extinguisher.
- Portable, battery-powered radio or television with extra batteries.
- Flashlight with extra batteries.
- Matches in a waterproof container.
- Whistle, extra clothing and blankets.
- Tools and a map of the local area.
- Special needs items for infants, older adults, pets, etc.
- Sanitation and hygiene items (e.g. hand sanitizer, moist towelettes and toilet paper).
- Photocopies of identification and credit cards; cash and coins.
- Eyeglasses, contact lens and solution.
- Prepare a detailed emergency list including family, friends and doctor’s names.

Specific consideration for people with disabilities:

- Emergency plan/kit specific to your unique needs.
- Extra eyeglasses, batteries, hearing aid and mobility aid.
- Prepare a list of important information, including a list of prescribed medication, dosage, special equipment and instructions.
## What Is Extreme Heat?

Extreme heat is defined as temperatures that are about 10 degrees or more above the average high temperature for the region and last for several weeks. Excessively dry and hot conditions can provoke dust storms and low visibility. Droughts occur when a long period passes without substantial rainfall. A heat wave combined with a drought is a very dangerous situation.

[emergency.cdc.gov/disasters/extremeheat/](emergency.cdc.gov/disasters/extremeheat/)

## Heat Conditions

**Heat Exhaustion**  
Heavy sweating, weakness, cold skin, pale and clammy, weak pulse, fainting and vomiting.

**Heat Cramps**  
Painful spasms usually in leg and abdominal muscles and heavy sweating.

**Sunburn**  
Skin redness and pain, possible swelling, blisters, fever and headaches.

[emergency.cdc.gov/disasters/extremeheat/](emergency.cdc.gov/disasters/extremeheat/)

## Common Reactions

- Frustration  
- Agitation  
- Sluggishness  
- Exhaustion  
- Decreased activity level

## Heat Strokes

Heat stroke occurs when sweating fails and the body cannot cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Warning signs of heat stroke vary but can include:

- Red, hot dry skin (no sweating)  
- Rapid pulse  
- Throbbing headache  
- Dizziness, nausea, confusion or unconsciousness  
- Extremely high body temperature (above 103°F)

[emergency.cdc.gov/disasters/extremeheat/](emergency.cdc.gov/disasters/extremeheat/)

## What to Do in Hot Weather

- Go to locations with air conditioning, such as shopping malls, senior centers, libraries or public health sponsored heat-relief shelters in your area.  
- Do not leave infants, children or pets in a parked car.  
- Avoid hot foods and heavy meals. They add heat to your body.  
- Limit outdoor activity to morning or evening hours.

## Population Most Affected by Heat

- Older adults (65 and older), small children, people with chronic medical conditions and persons with weight and alcohol problems are particularly susceptible to heat stress.

[emergency.cdc.gov/disasters/extremeheat/](emergency.cdc.gov/disasters/extremeheat/)

## Individuals at High Risk

- Infants and young children are sensitive to high temperatures.  
- Older adults over the age of 65 are less likely to sense and respond to changes in the temperature.  
- Overweight people may be prone to heat sickness because of their tendency to retain more body heat.  
- People who overexert or exercise may become dehydrated and are more susceptible to heat sickness.  
- People who suffer from heart disease, high blood pressure, or who take certain medications for depression, insomnia or poor circulation may be more affected by extreme heat.

[emergency.cdc.gov/disasters/extremeheat/](emergency.cdc.gov/disasters/extremeheat/)

## Tips During Extreme Heat

- Wear lightweight, light-colored, loose fitting clothing and sunscreen.  
- Drink cold non-alcoholic beverages and increase your fluid intake regardless of your activity level (2-4 glasses of water every hour).

## Stay Informed

- Listen to the television and radio for information.  
- If ordered to “shelter in place,” stay in your current location (e.g. home, business, etc.) until ordered or permitted to leave.