



Excessive Heat Events Guidebook in Brief

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Quick Tips for Responding to Excessive Heat Events

For the Public

Do

- ▶ Use air conditioners or spend time in air-conditioned locations such as malls and libraries
- ▶ Use portable electric fans to exhaust hot air from rooms or draw in cooler air
- ▶ Take a cool bath or shower
- ▶ Minimize direct exposure to the sun
- ▶ Stay hydrated – regularly drink water or other nonalcoholic fluids
- ▶ Eat light, cool, easy-to-digest foods such as fruit or salads
- ▶ Wear loose fitting, light-colored clothes
- ▶ Check on older, sick, or frail people who may need help responding to the heat
- ▶ Know the symptoms of excessive heat exposure and the appropriate responses.

Don't

- ▶ Direct the flow of portable electric fans toward yourself when room temperature is hotter than 90°F
- ▶ Leave children and pets alone in cars for any amount of time
- ▶ Drink alcohol to try to stay cool
- ▶ Eat heavy, hot, or hard-to-digest foods
- ▶ Wear heavy, dark clothing.

For more information, visit: <http://www.epa.gov/heatisland/about/healthenv.html>



FEMA

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Useful Community Interventions *For Public Officials*

Send a clear public message

- ▶ Communicate that EHEs are dangerous and conditions can be life-threatening. In the event of conflicting environmental safety recommendations, emphasize that health protection should be the first priority.

Inform the public of anticipated EHE conditions

- ▶ When will EHE conditions be dangerous?
- ▶ How long will EHE conditions last?
- ▶ How hot will it FEEL at specific times during the day (e.g., 8 A.M., 12 P.M., 4 P.M., 8 P.M.)?

Assist those at greatest risk

- ▶ Assess locations with vulnerable populations, such as nursing homes and public housing
- ▶ Staff additional emergency medical personnel to address the anticipated increase in demand
- ▶ Shift/expand homeless intervention services to cover daytime hours
- ▶ Open cooling centers to offer relief for people without air conditioning and urge the public to use them.

Provide access to additional sources of information

- ▶ Provide toll-free numbers and Web site addresses for heat exposure symptoms and responses
- ▶ Open hotlines to report concerns about individuals who may be at risk
- ▶ Coordinate broadcasts of EHE response information in newspapers and on television and radio.