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
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.