

HEAT WAVE EMERGENCY KIT

Find and collect the items below and place them in a bag labeled “HEAT WAVE EMERGENCY KIT”. Store the bag somewhere that will be easily accessible in a heat emergency.

Collect:

[] 1–2 bottles of water: Drinking, cooling down body, wetting clothes, wetting towels, etc.

[] 1 large towel: Dampen with water to cool down body; roll into pillow to elevate feet, etc.

[] 3–4 small towels: Dampen with water and apply to forehead, armpits, groin, etc., to cool down body

[] Plastic cups: For drinking water

[] Drinking straw: For sipping water while lying down

[] Cooler: Fill with ice as soon as power goes out

[] Plastic bags: Fill with cold water and/or ice; tie a knot to create coolers

[] Hand or mini fan: Fan body to cool

[] Flashlight: In case power goes out, which can happen during heat waves due to high demand on the power grid

[] Batteries: Extra set for flashlights and if using a battery-powered fan

Remember:

- In addition to the items above, older adults should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items they might need. Advise them to keep a list of the type and model numbers of the medical devices they use. Make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter (taken from www.ready.gov/seniors).

- Keep your Heat Wave Emergency Kit with other emergency kits or in a commonly designated area.
- Cool and rehydrate the body frequently.
- Seek immediate medical attention if the victim shows serious symptoms such as vomiting, shallowness of breath