



SIERRA CLUB
SAN DIEGO CHAPTER



PROTECT FROM EXTREME HEAT

Heat can be deadly

Millions of people are experiencing the negative effects of heat as our climate changes. Blistering heat waves are smashing temperature records around the globe, scorching crops, knocking out power, fueling wildfires, and killing thousands.

Excessive heat is the largest risk to life from climate change. Heat stroke and heat exhaustion are a real threat, especially for youth and elders. Symptoms can include throbbing headache, dizziness and light-headedness, high body temperature, lack of sweating despite the heat, muscle weakness or cramps, nausea and vomiting, and rapid, shallow breathing. In your home and community, there are several steps you can take to protect yourself and loved ones from extreme heat. Heat related deaths are preventable.

Take Action

PREPARE FOR HEAT

- 1 Develop a plan in advance to protect yourself and your family, including pets. Consider community centers, shopping malls, libraries, parks, school buildings.
- 2 Locate a local cooling center and go there in extreme heat.
- 3 If you can, plant trees on the most exposed side of your home. Plant grapes, passionfruit, or other vines on your walls. White cars and white roofs offer the most heat protection.
- 4 Prepare with a 'swamp cooler' if you don't have AC or a heat pump.

DURING A HEAT EVENT

- 1 Check out CDC's BEAT THE HEAT: <https://www.cdc.gov/cpr/infographics/beattheheat.htm>
- 2 Stay hydrated. Mist yourself with a spray bottle. Mist yourself and others with cool water.
- 3 Avoid intense outside activities. Visit a community pool, if available.
- 4 Wear loose, light weight, light colored clothing. Soak your head and shirt in water.
- 5 When outdoors, wear a hat, sunglasses, sunscreen.
- 6 Avoid alcohol and caffeine drinks as they contribute to dehydration.
- 7 Check in with at-risk friends, family, and neighbors. Bring them cold drinks.
- 8 Never leave children and pets in hot cars.
- 9 Learn to recognize the signs of heat stroke and if needed call 911.
- 10 Protect pets paw pads from hot pavement <https://www.ready.gov/collection/extreme-heat>

For more information visit our website: www.sierraclubncg.org/home/sierra-club-at-home-resilience-project/

