

Excessive Heat TTX Answer Key- Summer 2016

1. Some actions to consider include filling the gas tank of your vehicle, installing a stand-by generator to run major appliances in case of a power failure, purchasing extra food and water, checking on pets, and calling or visiting elderly relatives, friends and neighbors.
2. This may include outdoor activities such as walking, jogging, bicycle riding and yard work. To minimize any potential negative health risks, consider performing these activities either very early in the morning or in the late afternoon when temperatures are cooler and exposure to the sun is lessened. If you absolutely must engage in these activities during excessively high temperatures, consider wearing a hat, sunglasses, light colored clothing and sunscreen. Also, be sure to stay hydrated with either water or beverages containing electrolytes.
3. Reducing the demand on electricity in your home or office could include using Energy Star products. The Energy Star program is a U.S. Environmental Protection Agency voluntary program that helps businesses and individuals save money and protect the environment through superior energy efficiency. Many products, ranging from air conditioners to refrigerators and washing machines, now bear the Energy Star logo. Other options include installing blackout shades, setting an air conditioner's thermostat to a higher temperature and turning the unit off completely when the premises are vacant.
4. Installing a generator is a good way to ensure that air conditioners, major appliances and essential mechanical equipment remain operational should a blackout occur due to excessive demand on the electrical grid. Generators should be tested once per month to maintain viability.
5. Whether it be a cat, dog or something more exotic, pets require extra care and attention during times of excessive heat. Make sure that pets have ample food, water and shade, and are *not* left in a closed vehicle as this could prove to be fatal.
6. Whether you live in a densely populated or rural area, checking on elderly friends, family members or neighbors is critical. Call them often or, better yet, visit them to confirm that their health is not being compromised.
7. Get the latest weather forecast on your television, battery operated/solar/hand-crank radio, car radio or the National Oceanic and Atmospheric Administration site at www.weather.gov. Or download the FEMA app and enter your zip code to get a weather report tailored for your neighborhood.
8. This may include having items and services in place before the start of summer or the arrival of extreme heat. If a loved one is comforted by a certain item (a blanket, photograph, stuffed animal, etc.), be sure to pack the item when evacuating. If a relative requires regularly scheduled mental health therapy, make sure that his/her mental health provider is aware of the location of the shelter.