



### Scenario Five: Extreme Heat

A key element to successfully responding to and recovering from a major disaster is the overall preparedness of individual citizens and their families. With that in mind, we invite you to participate in a series of ‘What would you do?’ scenarios with your loved ones to assess your level of preparedness. These tabletop activities are intended to be low-stress conversation starters to be discussed, as the name implies, around your dinner table. We do not want to know your results. Following the situation, we have included some discussion questions for the activity, as well as some helpful links to enhance your individual preparedness.

**Scenario:** The national news networks have been reporting on an upcoming major heat wave that will bring record-breaking heat and humidity to the area. They are warning of possible power disruptions from the demand of air-conditioning units. Also, they are warning viewers to stay inside and stay cool if possible. The heat wave is expected to last one week.

### Discussion Questions:

1. What actions can you take to prepare for this excessive heat?
2. Do you participate in any activities that may present health risks in this excessive heat? How can you be safer when participating in them?
3. What can you do to reduce the demand on electricity in your home or office?
4. If you own a home, have you installed a generator? If so, how often do you test and service it?
5. How can you protect your pets, if you have any, during this heat wave?
6. Do you have elderly friends, family members, or neighbors who would be impacted by this heat wave? What can you do to help them stay safe? What can you do to help them remain safe?
7. Where can you obtain additional information on current weather conditions?
8. Does anyone in your family have any special needs (such as medical, emotional, or physical needs, or limited English proficiency) that might present challenges if you must stay at a shelter? If so, have you prepared a special plan for them?
9. Do you know where your nearby cooling center is?
10. What is heat-related illness and what are the symptoms?

### Time to see how you did!

To learn more about this scenario and to check your plan, go to <https://community.fema.gov/take-action/hazards>. With your loved ones, discuss what steps you think that you should take to improve your safety in the event such a tragedy occurs.

### Helpful Links

To learn more about extreme heat preparedness, please visit <https://www.ready.gov/heat>