

Plan for Extreme Heat: Develop a Disaster Plan

Learn about heat hazards and how to plan for extreme heat should it occur in your area.

- Contact your local health department, emergency management office, the National Weather Service office, or the American Red Cross.
- The Kansas City Missouri Health Department issues heat alerts when weather patterns require them. Tune in to local radio and television to stay informed.

If your home does not have air conditioning, choose other places you go to get relief from the heat during the warmest part of the day.

- Schools & Churches
- Libraries
- Theaters
- Community Centers

Plan changes in your daily activities to avoid strenuous work during the warmest part of the day.

- Heat can overcome even the healthiest people if they perform strenuous work or exercise outside during the warmer parts of the day.

Some family members may be taking medications or have medical conditions that may cause poor blood circulation or reduced ability to tolerate heat. Discuss these concerns with a physician.

Check on family, friends, and neighbors who do not have air conditioning or who spend much of their time home alone.

Plan to wear lightweight, light colored clothing made of natural fiber.

Get Training

- Take a first aid course to learn how to treat heat emergencies and other emergencies

Discuss extreme heat conditions with your family

If your home is not air-conditioned, make an alternate plan ahead of time in case of a heat wave