

Extreme Heat and Summer Safety

As communities continue their phased re-openings in light of COVID-19, please continue to follow the safety guidelines to prevent the spread, and don't forget to prepare for the extreme heat that summer can bring, too.

Remember

- Extreme heat events can happen anywhere and may occur quickly and without warning.
- Older adults, children, and sick or overweight individuals are disproportionately affected by extreme heat events.
- Humidity increases the feeling of heat as measured by a heat index.
- Exposing yourself to the sun or temperatures higher than 77 degrees Fahrenheit does not protect you from COVID-19.
- Never leave children, adults, or pets in a closed car.

The following tips below can help you beat the heat

- Stay cool indoors by using air conditioning, if possible.
- Contact your non-emergency hotline for assistance finding a cooling center. While at cooling centers, be sure to maintain social distancing, avoid gathering in groups, and wear a cloth face covering to slow the spread of COVID-19.
- During extreme heat events, choose a cloth face covering that has breathable fabric, such as cotton, instead of polyester.
- Avoid strenuous and high-energy activities.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Wear loose, lightweight, and light-colored clothing.
- Check on family members and neighbors by phone or text to maintain social distancing and prevent the spread of COVID-19.
- Know the signs of heat-related illness like heat cramps, heat exhaustion, and heat stroke.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor how best to accommodate it.
- Do not use electric fans when the temperature outside is more than 95 degrees. Using fans could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Finally, if you are traveling, be sure to research what local rules are in place to slow the spread of COVID-19. They may affect your plans. To learn more about how to protect yourself from extreme heat, check out FEMA's Extreme Heat Information Sheet.

We hope you enjoy your summer while staying healthy and safe!