

EXTREME HEAT PREPAREDNESS CHECKLIST



BEFORE THE HEAT:

- ✓ Learn to recognize the signs of heat-related illness. Call 9-1-1 if symptoms worsen.
- ✓ Check heat alerts issued by the National Weather Service or a trusted weather app like Clime:NOAA Live Weather Radar or The Weather Channel. Learn the difference between heat outlooks, watches, warnings, and advisories.
- ✓ Reschedule outdoor events.
- ✓ Use Chill Out NJ to find places where you can go to get cool anytime.
- ✓ Install window air conditioning units before hot days and ensure fans and ACs are in working order. Unseasonably warm days early in the summer season are harder on our bodies.
- ✓ Make simple household changes to keep the heat out and the cool air inside:
 - Cover windows with drapes or shades;
 - Use weather-stripping on doors and windows to improve insulation;
 - Install and run a fan in your attic to push the hot air out.
- ✓ Make a plan for power outages.
- ✓ Contact your local government or community-based organizations to join neighbor-to-neighbor outreach and mutual aid initiatives. If none exist, consider forming a phone tree or other simple system to help protect those most vulnerable to heat.

Visit the Cooling Economic Incentives page on Heat Hub NJ for a list of state and local resources to help reduce the cost of your energy bill

DURING THE HEAT

- ✓ During heat emergencies, call or text 2-1-1 to find official cooling centers.
- ✓ Wear loose, lightweight, light-colored clothing.
- ✓ Avoid using your oven or other devices that give off heat. If you're outside, find shade. Wear a hat wide enough to protect your face and apply sunscreen regularly.
- ✓ Drink plenty of fluids to stay hydrated.
- ✓ Avoid fatty, sugary foods and alcohol.
- ✓ Avoid strenuous activities or unnecessary outdoor work (e.g., lawn mowing) during midday heat, if possible.
- ✓ Watch out for signs of heat-related illnesses in yourself and your family members, older adults, and neighbors.
- ✓ Be a "Cool Buddy" by checking on your neighbors, family and friends.
- ✓ Don't leave children, people with disabilities, older adults, or pets in a parked car, even for a short time. Even on an 80-degree day, the temperature inside a car can reach 100 degrees in less than 10 minutes.
- ✓ Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.

EXTREME HEAT PLANNING TIMELINE

PRE-SEASON

Start planning before hot weather arrives.

A FEW DAYS OUT

Be ready when the forecast calls for extreme heat.

DURING AND AFTER

Remain vigilant and stay informed.