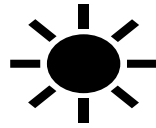




Click here.

## Extreme Heat and Wildfire Safety

Preparing for the unexpected is your best defense against extreme heat and wildfire emergencies during the summer months. Knowing what to do before an emergency occurs allows you to respond quickly. Do not be caught unprepared. Plan Today!



### EXTREME HEAT

Extreme heat or heat waves happen when temperatures reach very high levels or when heat and humidity cause the air to feel heavy.

Below are tips to prepare for summer weather:

- Wear clothes that are loose and lightweight.
- Try to stay inside or in a place with air conditioning such as libraries and cooling centers.
- If you must go outside, try to plan things to do when it is not too hot.
- Limit physical activity to a few minutes at a time.
- Wear sunscreen.
- Drink plenty of water, throughout the day.
- Limit your sugary, caffeine, and alcoholic drinks as they can make you dehydrated.
- Make sure pets are in a cool place and replace their water with fresh water throughout the day.
- Below are more tips on how to prepare for extreme heat safety:
  - [Heat-Related Illness – \(cdc.gov\)](https://www.cdc.gov/heat/)



### WILDFIRE SAFETY

When it is very hot, the chances of wildfire increases. A wildfire is a large, damaging fire that spreads quickly. If a wildfire occurs near you, you may need to evacuate (leave your location).

#### KNOW THE VOCABULARY:

- **Evacuation Order:** You must leave immediately. Staying where you are is dangerous.
- **Evacuation Warning:** You and your property may be in danger. If you need additional time to evacuate or have pets, leave now.

#### KNOW WHAT TO DO:

- [Red Cross Wildfire Safety Preparation:](#) Know what to do before, during and after a wildfire.
- **Individuals:** [Wildfire Evacuation Infographic](#)
- **Service Providers:** [Wildfire Evacuation Preparedness Checklist](#)
- [Check the Air Quality](#) If it is smoky outside, use a mask to protect your lungs.

### STEPS TO CREATE YOUR EMERGENCY PLAN

**Step 1:** Identify what emergencies are most likely to happen where you live, learn, work, and play.

**Step 2:** Identify the responsibilities for you and your household members or supports.

**Step 3:** Practice what to do during an emergency.



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## GET EMERGENCY ALERTS

Below are some ways to know what is happening in your community:

- Sign up for [CalAlerts](#)
- [Check your local city and county](#) to sign up for their notifications.
- [Watch Duty](#) – Monitor fires in your area
- **Cooling Centers** You can go to a cooling center when there is a power outage or extreme heat days. Locations of cooling centers can be found by calling 2-1-1 or using this link: [Cooling Centers \(ca.gov\)](#)
- [Red Cross Free Emergency App](#) – provides step-by-step guide and shelter locations with an interactive map. It is available in English and Spanish.
- [Prepare for Power Shutoff \(PSPS\)](#) – For early warning notification, ongoing updates, safety inspections, and power restoration due to extreme weather conditions.

## OTHER RESOURCES:

- [CalHHS Resource Guide](#)
- [DDS.ca.gov \(Consumer\)](#) ([Provider](#))
- [Ready.gov](#) (Wildfire)
- [Extreme Heat](#)
- [Notifications](#) to reduce electricity use
- [Medical Baseline Allowance](#)
- [Disability Disaster Access & Resources](#)

## PREPARE AN EMERGENCY KIT

Being prepared means having the proper supplies you need in the event of an emergency or disaster. Keep your supplies in an easy-to-carry emergency preparedness kit (such as a backpack) that you can use at home or take with you in case you have to evacuate.

More information on creating an emergency preparedness kit: [What Do You Need In a Survival](#)

## FOR INDIVIDUALS WHO ARE DEAF +

It is important that you have the necessary items needed during an emergency. Below are some items to consider adding to your emergency kit:

- Weather radio (with text display and a flashing alert)
- Extra hearing-aid batteries
- Pen and paper to communicate with someone who does not know sign language
- Battery-operated lantern
- Communication devices for your needs, such as a Braille or deaf-blind communication device

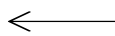


If you use a communication device or other assistive technologies, have a list of model numbers, company name(s) and phone number(s) in case you have to replace your device(s).

It is also important to plan for how you will communicate with others if your equipment is not working, including laminated cards with phrases and/or pictograms.



## MAKE AN EMERGENCY PLAN AND PRACTICE IT



Consumer QR Code

Provider QR Code



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