

## Summer Emergency Preparedness Tips

### Extreme Heat

- Check your air conditioning unit and have it serviced if needed
- Inspect your doors and windows to make sure the weather stripping is intact
- Cover windows that receive lots of sun with curtains or blinds to keep the heat at bay
- Learn to identify heat exhaustion and stroke as well as how to treat them properly
- Stay hydrated!
- Check on your neighbors, relatives, and friends, especially if they are elderly or live alone
- Don't leave children or pets alone in closed, non-air-conditioned vehicles

### Severe Weather

- Keep an eye on the sky! If conditions look threatening, head indoors.
- Be aware of the weather forecasts to plan your day accordingly
- In the event of a severe thunderstorm, seek shelter indoors. Head for an interior room on a lower floor and stay away from windows.
- If you can hear thunder, you are close enough to be struck by lightning (it can strike as far away as ten miles!)
- If a storm produces a lot of lightning, try to avoid using electrical appliances, wired telephones, and running water.
- If strong winds are forecast, be sure to bring in any unsecured lawn furniture or other items to avoid debris.

### Flooding

- Try to avoid walking through flowing water – just a couple inches can be enough to knock you off your feet.
- If flooding is anticipated, pick any electronics off the floor to avoid any electrical shorts.
- Be prepared to evacuate if necessary; identify a safe place for you and your family to go or meet up in case your home is not safe.

### On Vacation

- Be mindful of using fires when camping; never leave a fire unattended
- Use sunscreen and bug repellent to avoid sunburn, bug bites, and mosquito-borne diseases