GUIDE TO EXTREME HEAT PREPAREDNESS

Office of Emergency Management and Communications

www.alertchicago.com
During the Summer months, temperatures in Chicago can reach dangerous levels. Besides discomfort, extremely high temperatures, especially when combined with high humidity, can pose serious harm to your personal health. Extremely high temperatures can be particularly hazardous for children, the elderly, those with special needs, and pets.

It is important to treat extreme heat temperatures as you would any other emergency. This means being personally prepared whether you are at home, work, or on the go.

### Know What’s “Hot”

#### Heat Watch

The National Weather Service will issue a Heat Watch if any of the following conditions are forecast to occur in the near future:

- 3 consecutive days with the Heat Index at 100-104 degrees F
- 2 consecutive days with the Heat Index at 105-109 degrees F
- A single day with the Heat Index at 110 degrees F or higher.

#### Heat Warming

The National Weather Service will issue a Heat Warming when Heat Index ranges listed above are occurring or imminent.

#### Heat Index

The heat index combines air temperature and humidity to determine an apparent temperature.

#### Extreme Weather Notification System

To be advised by the City when extreme heat is expected visit www.alerthicago.com or call 311 to sign up. Self, a friend, or a neighbor for the Extreme Weather Notification System. Registered members will receive a recorded phone message regarding official warnings and available City Services.

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<table>
<thead>
<tr>
<th>TYPE OF INJURY</th>
<th>SYMPTOMS</th>
<th>TREATMENT</th>
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<td><strong>Heat Cramps</strong></td>
<td>Muscle pain or cramps&lt;br&gt;Usually in the abdomen and legs&lt;br&gt;Could be associated with strenuous activity&lt;br&gt;Thirst sweating&lt;br&gt;Depletion of the body's salt and moisture&lt;br&gt;The low salt level in the muscle may be the cause of heat cramps.</td>
<td>Monitor body temperature, and continue cooling.</td>
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<tr>
<td><strong>Heat Exhaustion</strong></td>
<td>Heavy sweating&lt;br&gt;Paleness&lt;br&gt;Muscle cramps&lt;br&gt;Tiredness&lt;br&gt;Weakness&lt;br&gt;Dehydration&lt;br&gt;Headache&lt;br&gt;Nausea or vomiting&lt;br&gt;Fainting</td>
<td>Drink cold, nonalcoholic beverages.&lt;br&gt;Rest in an air-conditioned environment, if possible.&lt;br&gt;Take a cool shower, bath, or sponge bath.&lt;br&gt;Wear lightweight clothing.</td>
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<td><strong>Heat Stroke (Sun Stroke)</strong></td>
<td>Body temperature above 103°F orally&lt;br&gt;Red hot and dry skin&lt;br&gt;Protruding veins&lt;br&gt;Respiratory distress&lt;br&gt;Tachycardia&lt;br&gt;Diaphoresis&lt;br&gt;Nausea&lt;br&gt;Confusion&lt;br&gt;Uncontrollable muscle twitching</td>
<td>Call 911 for immediate medical assistance. Lay victim in a cool area. Cool the victim rapidly by any method you can. Monitor body temperature and continue cooling efforts until the body temperature drops to 101.5°F. Do not give the victim fluids. Make sure people with heat stroke have an altered mental status and cannot safely be given fluids to drink.</td>
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Staying Healthy in the Heat

People suffer from heat-related illnesses when their bodies are unable to properly cool. Under normal conditions, the body produces sweat that evaporates and cools the body. In high heat and humidity, however, evaporation is slowed and the body must work extra hard to maintain its normal temperature. Here are some common sense tips for handling the heat:

- Drink eight 8-ounce glasses of water a day.
- Avoid alcoholic beverages, coffee, and soft drinks.
- Stay indoors and, when possible, stay in an air-conditioned place.
- Take cool baths or showers. Use cool towels.
- Wear loose, light, cotton clothing.
- Avoid preparing and eating heavy meals and using cooking over.
- Avoid or minimize physical exertion.
- Do not let anyone sit in a hot, parked car, even for a few minutes.

It is against the law to open a fire hydrant. An open hydrant hinders the Fire Department's ability to fight fires, reduce water pressure in your home, and can cause basement flooding. An open hydrant is a very dangerous place for children to play, because the water can reduce visibility and create a traffic hazard.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four 8-ounce glasses of cool, nondiuretic fluid each hour.
- Try to rest often in shady areas.
- Protect yourself from the Sun by wearing a wide-brimmed hat and sunglasses and by putting on sunscreen.

Cooling Alternatives

One of the best ways to beat the heat is to stay indoors in an air-conditioned place. If you or others you know have limited access to air-conditioning, you may consider taking refuge in a local shelter, such as public facilities. The Chicago Department of Human Services (CDHS) works with other City departments to make sure public buildings, such as libraries, park facilities, and Department on Aging regional senior centers are available as cooling centers.

While these centers are meant for short-term daytime use, many are prepared to extend hours in the event of a heat emergency. A list of CDHS-operated cooling centers is below. To find the nearest library, park facility, house of worship, pool, or senior regional center, contact 311.

- North Area Center
  4710 North Sheridan Rd
- Garfield Center
  10 S. Kedzie Ave
- Englewod Center
  815 W. 63rd St
- S. Chi Goals Center
  8759 S. Commercial Ave
- Trina Duvala Center
  4345-47 W. Amity Ave
- King Center
  4314 South Calhoun Ave
- South Chi Goals Center
  6740 E. Archer Ave

(Note: All CDHS-operated Cooling Centers are ADA accessible.)

Don’t Forget Your Pets

Any animal can suffer from the heat, particularly very young or very old animals, short-nosed breeds of dogs (e.g., pug, bull dog), heavy-coated cats and dogs, and pets who are overweight or have a medical condition.

- Provide water and shelter from the Sun at all times.
- Restrict activity during extreme heat.
- Never leave pets in parked vehicles. Even in moderate heat, inside temperatures can rapidly increase and have fatal results.
**Keeping Your Home Cool**

Inspect all additional insulation. Inspect the insulation between heated and unheated areas (e.g., garage, attic, crawl space) to ensure insulation is at least 6 inches thick. Insulation helps to keep heat out in the summer as well as to keep heat in during the winter months.

Use ceiling fans. Because heat rises, ceiling fans can help clear the hottest air from the home. Be sure that the fan blades are rotating clockwise.

Landscape. Plant trees or shrubs to shade air conditioning units, but do not block the airflow or plant near power lines. A unit operating in the shade uses less electricity. According to the Department of Energy, just three trees, properly placed around a house, can save between $100 and $250 annually in cooling and heating costs. Daytime air temperatures can be 3 to 6 degrees cooler in tree-shaded neighborhoods.

Keep electric lights off or turned down.

Keep shades drawn and blinds closed, but windows slightly open.

**Power Outages**

Power outages can severely impact the welfare and safety of Garcia. While the City often experiences outages of limited duration throughout the year, a large-scale power outage is most likely to occur during the summer months when temperatures are at an extreme and electricity is in great demand.

**Power outages are commonly caused by**

- Weather-related damage: Such as lightning or high winds
- Tree contact
- Wildlife, usually squirrels, chewing into power cables
- Equipment failure or maintenance

**If an outage occurs**

- Turn off all appliances, including your furnace, water heater, and water pump (This is to help you avoid a circuit overload once power is restored)
- Leave on one lamp to know when power has been restored
- Report power outages by calling Garcia at 1-800-EDISON-1 (1-800-334-7661). Note: When calling to report a power outage, a ticket for Service SG Generator and crew SG are dispatched to restore power based on calls received.
- Do not touch downed wires.
- Keep freezer and refrigerator door closed and open the freezer when necessary. Food will stay frozen for 36 to 48 hours in a fully loaded freezer, if you keep the door closed. A half full freezer will generally keep food frozen for 24 hours.
- If you rely on electric medical equipment, such as wheelchairs, ventilators, and oxygen compressors, plan ahead by talking to your medical supply company about getting batteries or a generator as a backup power source.

**Be sure to have an emergency supply kit that contains**

- Flashlight
- Battery powered AM/FM radio
- Fresh extra batteries
- One gallon of water per person per day for up to 3 days
- Non-perishable food (e.g., peanut butter, canned goods, dehydrated fruit)
- Can opener
- Place item(s) in a backpack, which will allow you to carry them if necessary while keeping your hands free.