

# When Temperatures Are Extreme

## Extreme Hot Weather

People living in Santa Rosa County are not strangers to hot weather. Residents should take precautions for these adverse conditions. When our bodies are not able to maintain proper body temperature, heat cramps, heat exhaustion and heat stroke can occur. Seek immediate help if you suspect any of these heat conditions.

### What to do before extreme hot weather:

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors between window and drapes to reflect heat back outside, such as aluminum foil covered cardboard.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings can reduce the heat that enters a home by up to 80 percent.
- Install storm windows.

### What to do during extreme hot weather:

- Listen to television or radio for current information.
- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, movie theaters, shopping malls and other community facilities.
- Dress in light weight, light-colored clothing.
- Use sun screen to avoid sun burn, and consider wearing a hat and sunglasses.
- Never leave a pet or child in an unattended vehicle.
- Drink plenty of water and eat well balanced, light and regular meals.
- Make sure pets have plenty of water.
- During prolonged heat waves, check on elderly or disabled family, friends and neighbors.

### What to do after extreme hot weather:

- Restock supplies.
- Monitor television and radio for current and future weather information.

## Extreme Cold Weather

### What to do before extreme cold weather:

Have your home heating source checked out. Loss of lives and damage to homes tend to increase during the winter months due to unsafe use or operating condition of home heating systems.

- Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- Winterize your home by insulating walls and attics and weather-stripping doors and windows or covering them with plastic.
- Insulate pipes using insulation or newspaper and plastic.
- Allow faucets to drip a little during cold weather to avoid freezing.
- Learn how to shut off water valves (in case pipes burst).
- Be sure to check your vehicles maintenance and antifreeze levels to avoid freezing.
- Install smoke and carbon monoxide alarms in your home.
- Purchase a NOAA Weather Radio.

### What to do during extreme cold weather:

- Stay indoors and use safe heating sources.
- Check on elderly or disabled family members, friends or neighbors.
- Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
- Keep space heaters away from flammable materials.
- Drink plenty of liquids and high calorie foods.
- Seek medical attention if suspected frost-bite or hypothermia.
- Listen to your television and radio for weather updates.

### What to do after extreme cold weather:

- Seek medical attention if needed.
- Restock supplies and recheck preparations for the next event.
- Monitor television and radio for weather conditions and current information.

