

# City of Fairfax

## Extreme Heat Safety Checklist



### Extreme Heat Watch

- Conditions are favorable for excessive heat in the next 24 to 72 hours.
- Monitor NOAA Weather Radio or local/TV weather broadcasts and be prepared to take protective measures should a warning be issued.
- Make sure you have plenty of drinking water available.
- Make sure your air conditioning is working.
- Have a working, portable electric fan available.
- Locate your local cooling center.
- Plan activities in air conditioned places like visiting the library, seeing a movie or going to the mall.
- Schedule outdoor activities during the coolest parts of the day – early mornings and evenings.
- Plan to eat light, cool meals that don't require heating up the stove or oven such as salads.
- Review the symptoms for excessive heat exposure and the appropriate responses.
- Continue to monitor your NOAA Weather Radio or local radio/TV weather broadcasts for updated information.

### Extreme Heat Advisories / Warning

- Excessive heat is expected in the next 36 hours.
- Drink plenty of water. Avoid alcohol, very sugary drinks and extremely cold drinks.
- Stay indoors in air conditioned areas such as libraries, movie theaters or malls. Or go to your local cooling center.
- Use fans to exhaust the hot air from rooms or draw in cooler air if you don't have air conditioning.
- Avoid strenuous outdoor activities – especially during midday when it is hottest outside.
- Wear light colored, lightweight and loose-fitting clothing.
- Stay in shaded areas and avoid direct sunlight.
- Take cool showers or baths.
- Avoid eating heavy, hot meals that require using the stove or oven.
- Don't leave children or pets in vehicles – even with the windows cracked open.
- Check on neighbors, particularly the elderly and sick.
- Watch for heat cramps, heat exhaustion, and heat stroke.
- Continue to monitor your NOAA Weather Radio or local radio/TV weather broadcasts for updated information.



For more information on disaster and emergency preparedness, visit <https://www.fairfaxva.gov/government/emergency-management>

