

FREE PRINTABLE RESOURCE

HEAT WAVE FIELD CARD

Who to check on, cooling steps and heat illness signs, in one page.

BEFORE AND DURING (CDC, NWS)

- ☐ **Know who is at higher risk**
Under 5, 65 and older, pregnant, heart disease
- ☐ **Check on neighbors and pets**
Especially anyone living alone
- ☐ **Stay in the shade outdoors**
Take breaks
- ☐ **Carry water, drink all day**
- ☐ **Fans only under 90F indoors**
CDC; NWS says fans can make you hotter
- ☐ **Heat index is for shade**
Full sun can add up to 15F

CARS (NWS)

- ☐ **Never leave a child, disabled person or pet in a car**
Lock cars, even in the driveway

HEAT ILLNESS (NWS)

- ☐ **Cramps: firm pressure, small sips of water**
Medical help if over 1 hour
- ☐ **Exhaustion: heavy sweat, cool clammy skin, weak pulse**
Cooler place, loosen clothes, cool wet cloths
- ☐ **Exhaustion: seek medical help if**
Vomiting, worsening, or over 1 hour
- ☐ **Stroke: above 103F, confusion, hot skin**
Call 911 or get to a hospital now
- ☐ **Stroke: cool them while you wait**
Cool cloths or a bath; no fluids

Our suggestion: close drapes on the sunny side early, and decide who you will check on before an outage.

Want the reasoning behind each line? Read the full guide on the TacticalBox blog.
tacticalbox.com/blogs/tacticalbox-blog

Sources: National Weather Service heat safety, heat illness and heat index pages; CDC extreme heat page. Follow local officials. Informational only, not medical advice.