



Heat wave, no AC.

How to keep a house and the people in it safe when it is over a hundred and the power is out.

1 Block the sun before it is hot



- Blinds and curtains shut by 9am
- Foil or cardboard on the hottest windows
- Open everything at night when it drops

2 Move to the lowest floor



- Heat rises, the ground floor is coolest
- One room, fewer people per room
- A basement if you have one

3 Water, more than you think



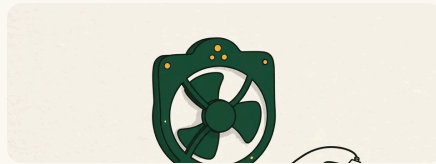
- Drink before you are thirsty
- Skip alcohol and heavy caffeine
- Pets and plants too

4 Cool the body, not the room



- Wet cloths on neck, wrists, feet
- A cool shower or a bowl for feet
- A spray bottle and a hand fan

5 Battery fans



- USB fans off a power bank
- Fans help only below about 95°F
- Above that, wet skin and fan together

6 Do not cook indoors



- Cold meals, or cook outside after dark
- The oven heats the whole house
- Keep the fridge shut if the power is out

7 Work and errands early or late



- Before 10am or after 6pm
- Rest through the afternoon
- Shade and a hat if you must be out

8 Know the cooling centers



- Libraries, malls, community centers
- The county posts the list each heat event
- Go for the afternoon, come home at night

9 Check on who lives alone



- Older neighbors and relatives, twice a day
- Ask if they are drinking water
- Knock, do not just call

10 Never a car



- Not for a minute, not with the window cracked
- Kids and pets die in cars every summer
- Take them in or stay with them

11 Know the warning signs



- Heavy sweating, cramps, dizziness: cool down, drink
- Hot dry skin, confusion, fainting: call 911
- Heat stroke is an emergency, not a rest

12 Prepare for the next one



- Window film and blackout curtains
- A power station for a fan at night
- Sign up for county heat alerts

Shade, water, the lowest floor, and a daily check on the people who live alone.

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