

Be Red Cross Ready

Prepare so you can protect.

Preparedness Essentials



**American
Red Cross**



UNITED WAY
Southern Nevada

verizon

Odds Are That Disaster Will Strike



- Disasters happen often and sometimes without warning.
- They can affect any community.
- It's a disaster if:
 - Normal response systems are overwhelmed
 - People are hurt
 - Property is damaged or destroyed

Which hazards do we face?



Home Fire



Earthquake



Hurricane



Flood



Tsunami



Tornado



Wildfire



Extreme Heat



Thunderstorm



Landslide



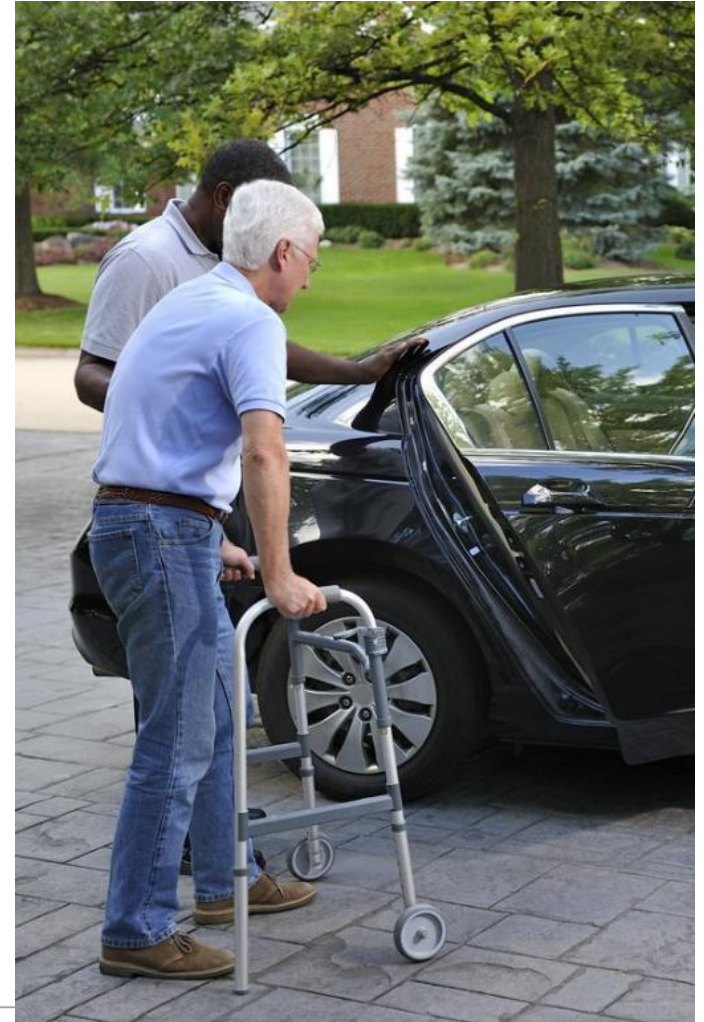
Winter Storm



Volcano

It Is Up To You To Be Ready

- Do not count on receiving help right away.
- You must be prepared to help:
 - Yourself
 - Your household
 - Neighbors
 - Older adults



You Can Prepare



Each of us can prepare ourselves and our households for any disaster.

Preparing helps us:

- Stay safe
- Adapt to challenges
- Recover quickly

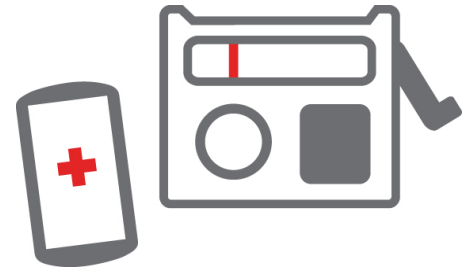
Be Red Cross Ready



Get a Kit



Make a Plan



Be Informed

Be Red Cross Ready

Prepare so you can protect.

Extreme Heat



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Extreme Heat



Prolonged period of high heat and humidity

Warm overnight temperatures

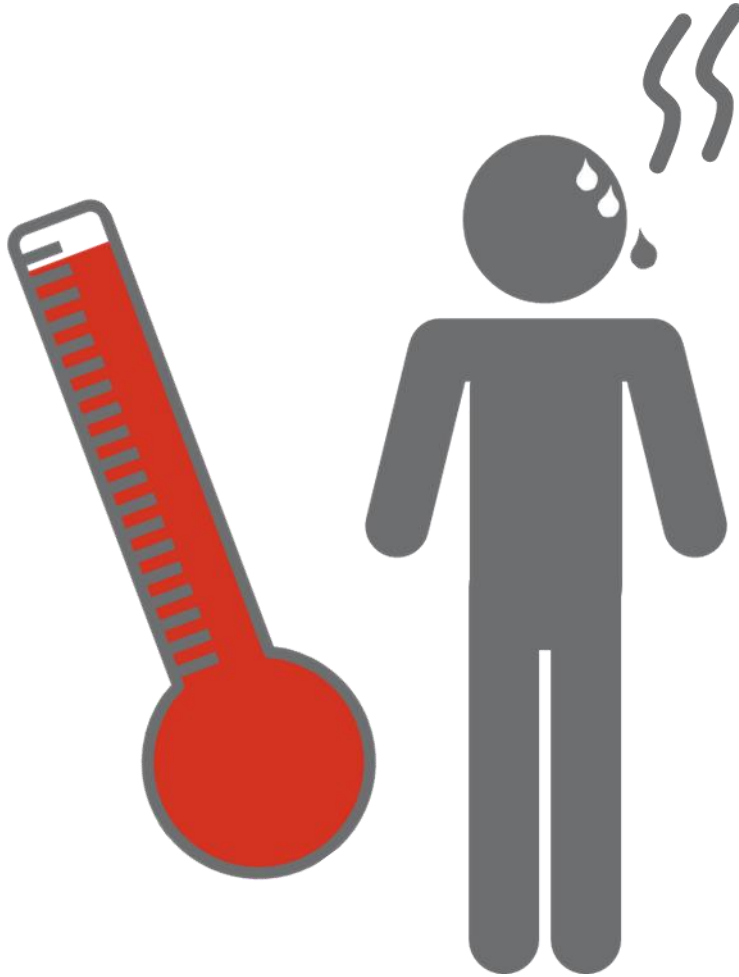
Specific criteria varies by region



Extreme Heat Alerts

Watch	Advisory	Warning
Excessive heat possible in 24-72 hours	Forecasted heat index of 100° or higher	Forecasted heat index of 105° or higher
<ul style="list-style-type: none">■ Be ready.■ Monitor updates.	<ul style="list-style-type: none">■ Take precautions. <p>Potential for heat illness</p>	<ul style="list-style-type: none">■ Take immediate precautions. <p>Serious heat illness possible</p>

Extreme Heat



When our bodies can't keep cool, we get heat-related illness.

Planning and Preparation



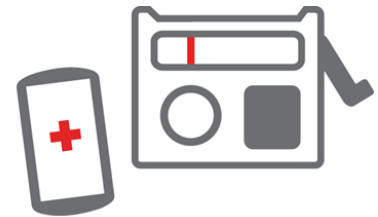
Enhance kits

- Electrolyte water or drinks
- Ice packs



Tailor your plan

- Identify cooling zones
- Prepare for power outages



Stay informed

- Monitor temperature and heat index
- Listen for updates

Staying Safe During Extreme Heat

1 Keep cool

- Stay in air conditioning.
- Wear loose-fitting, lightweight clothes.
- Take cool baths and showers.
- Avoid using the stove and oven.

NEVER leave anyone alone in a parked vehicle

Staying Safe During Extreme Heat

2 Hydrate

- Drink more water than usual.

Avoid alcohol and caffeine

3 Limit outdoor activity

- Postpone outdoor activities.
- Use sunscreen and wide-brimmed hats.
- Take frequent breaks.

Avoid peak hours

Staying Safe During Extreme Heat

4 Stay connected

- Monitor the weather.
- Check on and assist others.
- Check on your pets.

Avoid being alone

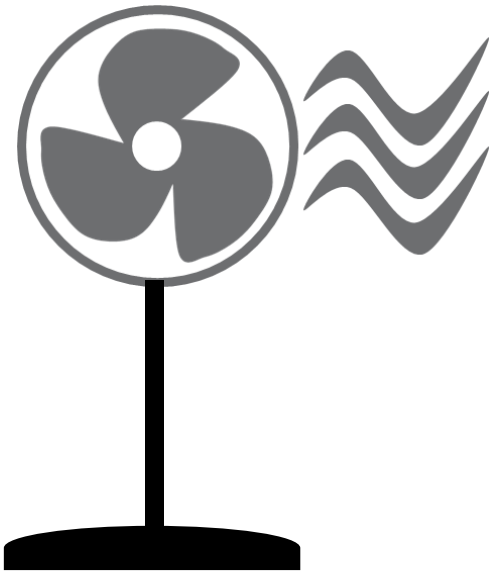
5 Stay aware

- Be aware of heat illness.
- Recognize the signs.
- Know how to treat.

Avoid overheating

Staying Safe During Extreme Heat

- 1** Keep cool
- 2** Hydrate
- 3** Limit outdoor activity
- 4** Stay connected
- 5** Stay aware



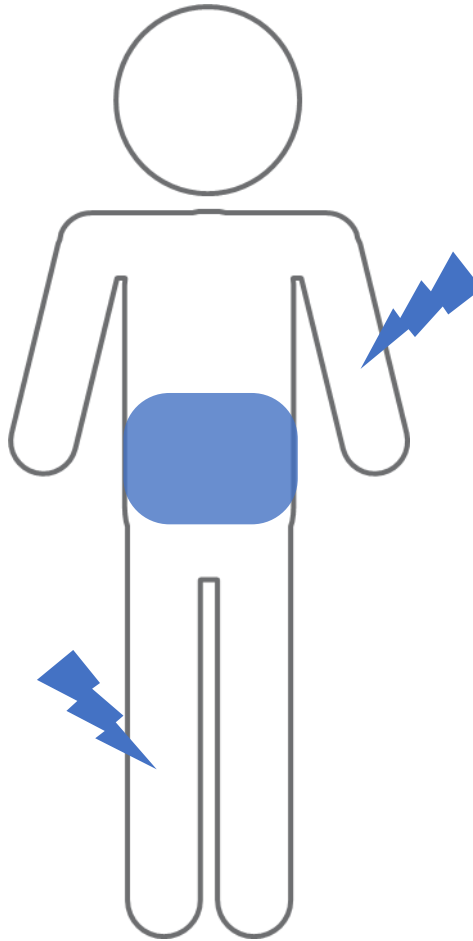
Be **Red Cross** Ready Prepare so you can protect.



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Heat Cramps

- Muscle pain or spasms
- Arms, legs, or stomach



Heat Exhaustion

Faint or dizzy

Heavy sweating

Cool, pale,
clammy skin

Elevated heart rate
and breathing

Nausea

Weakness or
fatigue

Affects the entire body, not just
muscles

Heat Stroke

Throbbing headache

No sweating

Temperature **>103°F**

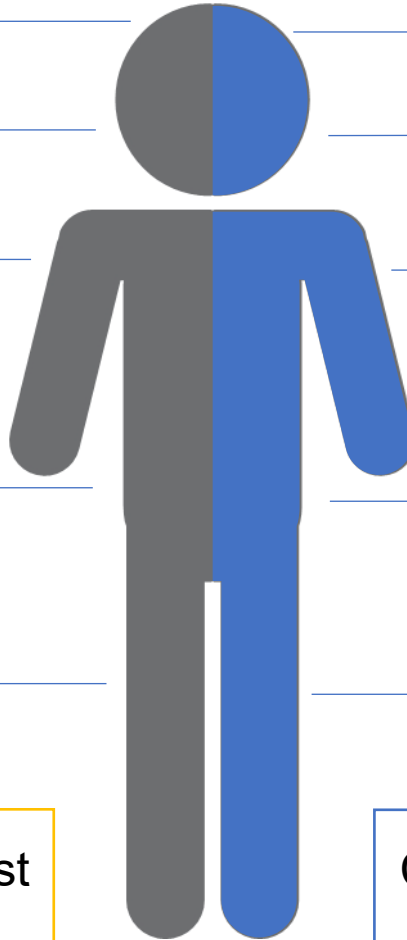
Red, hot skin

Rapid, shallow
breathing

Vomiting

Confusion or loss
of consciousness

Can permanently damage vital
organs, including the brain



Treating Heat Illnesses

Cramps



Stop all activity



Move to a cool place



Gently stretch and massage the area



Sip electrolyte drink

Get **HELP** if it lasts longer than one hour or the condition worsens

Exhaustion



Move to a cool place



Loosen clothing



Apply cool, wet towels



Sip electrolyte drink

Stroke



Call **911**



Cool them down



Do **NOT** give fluids

Pet Safety During Extreme Heat

- Provide access to fresh water and shade.
- Limit pet exercise.
- Never leave a pet in a car.
- Keep air conditioning on at home.



Preparing Your Home

- Cover windows.
- Install weather-stripping.
- Use window reflectors to reflect heat back outside.
- Add insulation.
- Use attic fans.
- Install window air conditioners.



Be Red Cross Ready

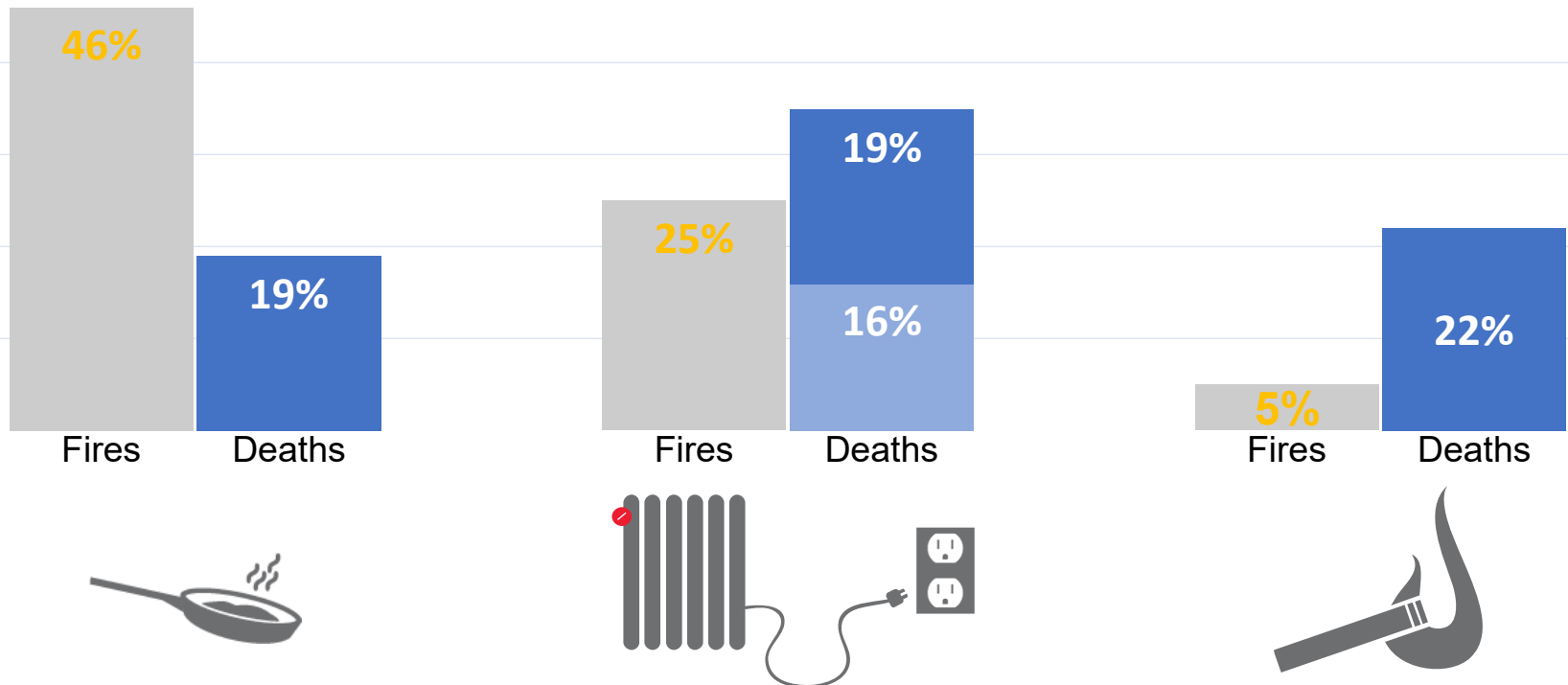
Prepare so you can protect.

Home Fires



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Home Fire Causes



Reduce Fire Risk in Your Home

- Stay in the kitchen when cooking.
- Never leave anything burning unattended.
- Install fire extinguishers.



Keep an eye on what you fry!

Reduce Fire Risk in Your Home



3 feet from the heat!

- Plug appliances directly into wall outlets.
- Avoiding overloading outlets.
- Make sure electrical cords are used safely.

Smoking is Dangerous

- Never smoke in bed or when drowsy.
- Never smoke where medical oxygen is used.
- Always properly extinguish.
- Keep matches and lighters away from kids.



Smoke Alarms Save Lives

- Install on every floor – inside and outside of sleeping areas.
- Test every month.
- Maintain them properly.
- Replace after 10 years.
- Don't disable alarms!



Know What to Do

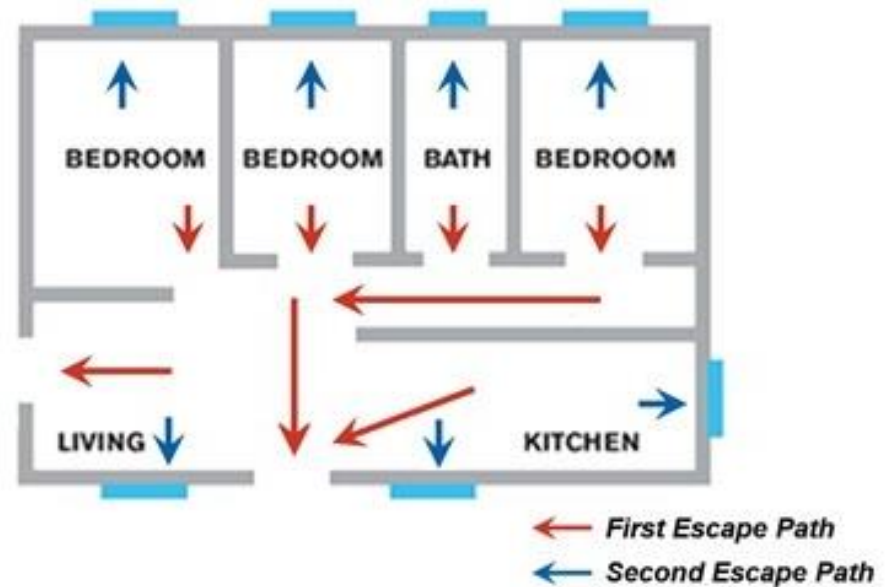


Get out and stay out!

- Find a safe escape route.
- If there is smoke, get low.
- Meet at the designated safe meeting place.
- Call 911 once safe.

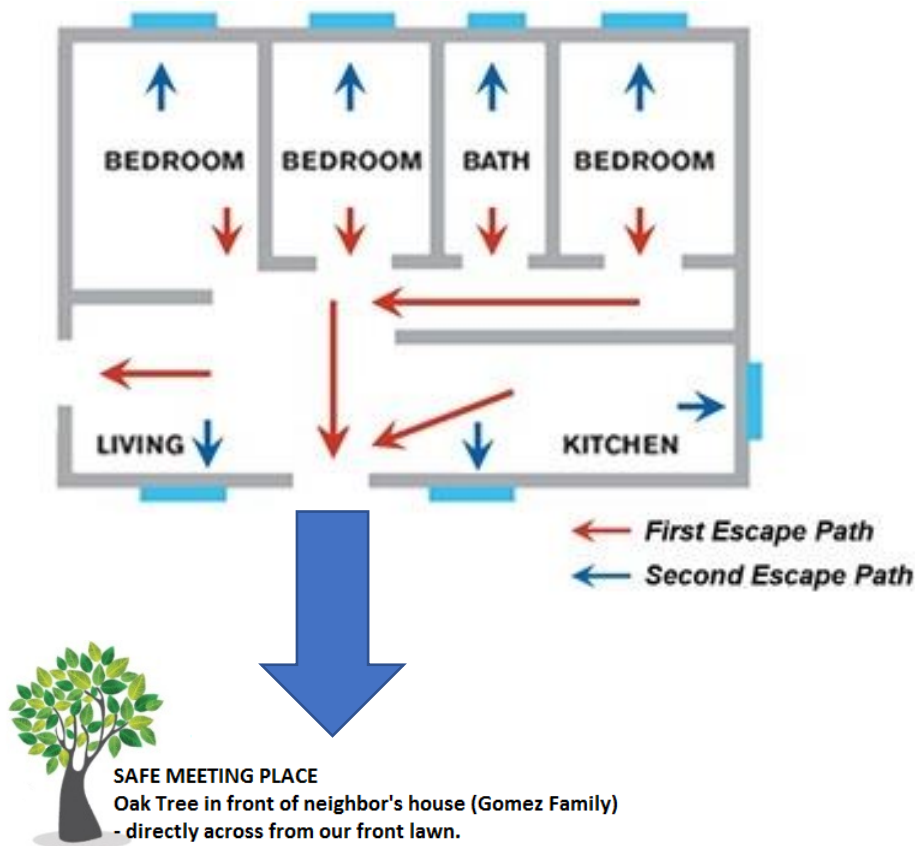
Plan Escape Routes

- Two exits from every room
- Windows and doors open easily
- Escape ladders for second floors and above
- Escape routes clutter free



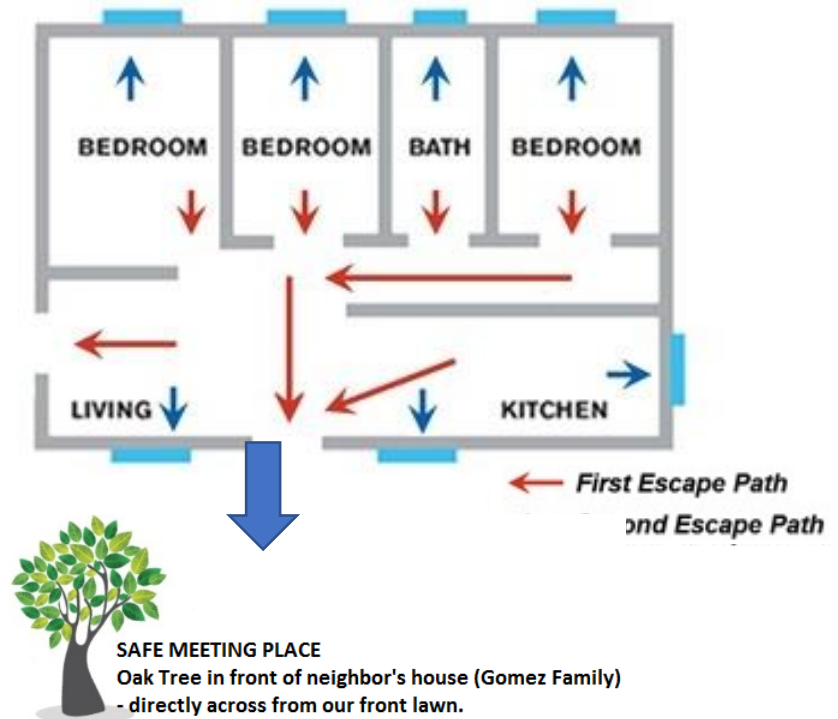
Safe Meeting Place

- Safe distance away
- Specific, fixed location
- In front of home
- Call 911 once safe



Works for Everyone

- Assign evacuation assistants.
- Assess functional abilities and needs.
- Practice with pets.



Arrangements:

2-year-old son requires assistance to evacuate

- Mom — Primary person
- Dad — Secondary person if mom away

<http://www.ilru.org/projects/cil-net/cil-center-and-association-directory>

Practice Home Fire Escape Plan

- Practice your home fire escape plan at least twice a year.

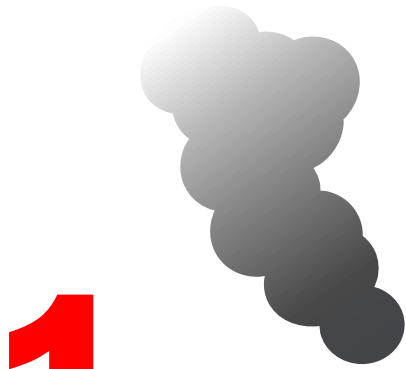


Prepare Children

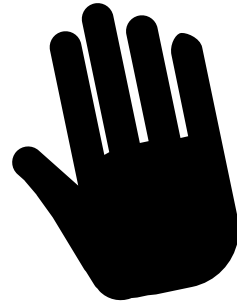
- The dangers of fire
- What smoke alarms sound like
- How to open windows and use escape ladders
- Meet at your designated Safe Meeting Place
- How to call 911 from a safe place outside the home



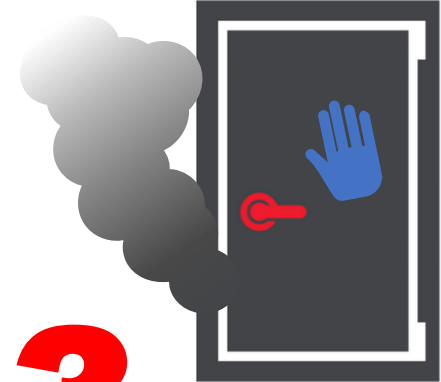
In a Closed Room



1 Look for smoke.



2 Feel the door.



3 Do NOT open.

If you can't evacuate:

- Seal your door.
- Block air vents.
- Call 911 and signal for help.

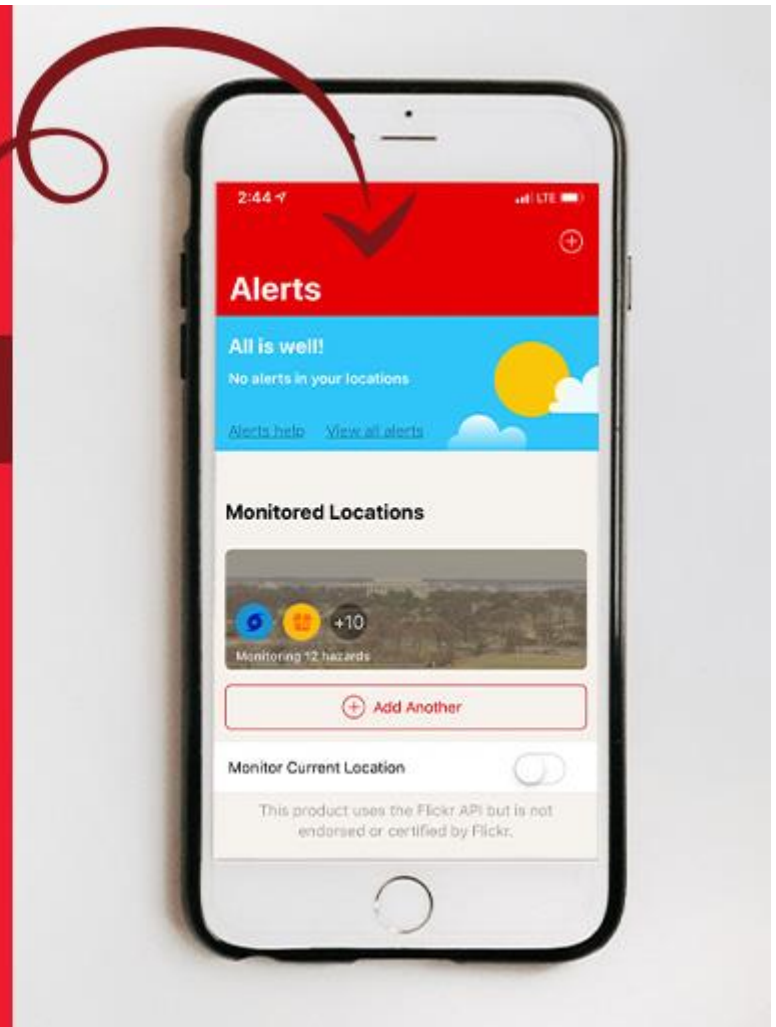
Be Prepared and Take Action



- ☐ Make a home fire escape plan.
- ☐ Test your smoke alarms every month.
- ☐ Practice your home fire escape plan.

Download the Red Cross Emergency App!

Monitor over 35 different
severe weather and
emergency alerts to keep
you and your loved ones safe.



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