

If Disaster Strikes... Be Ready!

In Southern Nevada, the most common hazards we face are home fires and extreme heat. Here's how you can protect yourself and your loved ones:

Home Fire Safety

Leading Cause of Fires:



Cooking



**Malfunctioning/
Misused
Appliances**



Smoking

Smoke Alarms

- Install one on every floor – inside and outside of sleeping areas
- Test every month
- Replace every 10 years
- Maintain them well

Escape Plan

- Plan and practice your escape plan
- Pick a fixed and specific location for a meeting point
- Every room has 2 exits, a window, and a door – ensure you can get out of both easily
- Call 911 from a safe meeting point

If you see smoke:

- Get low and go, put escape plan into effect
- If in a closed room, seal the door, block vents, call 911, and signal for help

Ensure you can escape your home in 2 minutes or less!

Extreme Heat Safety

Heat Exhaustion

VS

Heat Stroke

Faint or dizzy	Throbbing headache
Heavy sweating	No sweating
Cool, pale, clammy skin	Red, hot skin
Elevated heart rate & breathing	Temperature > 103°F
Nausea	Rapid, shallow breathing
Weakness or fatigue	Vomiting
	Confusion or loss of consciousness

Cool them down
Apply cool towels
Sip electrolyte drink

Call 911
Cool them down
Do NOT give fluids

Keep Cool

- Stay in AC
- Wear loose clothing
- Take cool showers
- Never leave anyone alone in a parked vehicle

Hydrate

- Drink more water than usual
- Avoid dehydrants such as alcohol and caffeine

Limit Outdoor Activity

- Postpone outdoor activity
- Take Breaks
- Use sunscreen and a wide-brimmed hat

Stay Connected

- Monitor the weather
- Check and assist on others
- Check on your pets
- Avoid being alone

Stay Aware

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

Preparedness saves lives. Take action today to keep your family and community safe.