United We **Prepare**

UNITED WAY Southern Nevada | verizon | American Red Cross

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

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 Temperature > 103F
Elevated heart rate & breathing		Rapid, shallow breathing
Nausea		Vomiting
Weakness or fatigue		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.