

City of Fairfax

Extreme Heat Safety Checklist



Extreme Heat Preparedness

- If using window air-conditioners, make sure they are snug; insulate if necessary.
- Consider tinting windows to reflect heat back outside.
- Weather strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers (Outdoor awnings can reduce the heat that enters the home by up to 80 percent).
- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Check the contents of your emergency disaster kit to ensure it includes a supply of water.

During Extreme Heat

- Never leave children or pets alone in vehicles.
- Stay indoors as much as possible to limit exposure to the sun.
- If your air conditioning is not working, consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, and other community facilities.
- Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have medical problems or have a problem with fluid retention should consult a doctor before increasing fluid intake.
- Wear loose-fitting, lightweight, light-colored clothing.
- Eat small meals and eat more often.

