



Extreme Heat Communications Templates

Administrators

BEFORE

Recorded phone message or email

Extreme heat, or a heatwave, is expected in [impacted region], which increases the risk of heat illnesses. Heat illnesses include heat stroke, heat exhaustion, heat rash, fainting, and heat cramps (muscle cramps).

Watch for symptoms of heat illness, which include:

- Dizziness or fainting
- Nausea or vomiting
- Headache
- Rapid breathing and heartrate
- Extreme thirst
- Decreased urination (with dark yellow urine)

If you begin to experience any of these symptoms during a heat wave, immediately move to a cool place and drink plenty of water.

[Clinic name] will remain [open / closed]. *If open, specify hours and services provided*

Social media post or text message

While extreme heat can put everyone at risk from heat illnesses, health risks are greatest for:

- Older adults (65+ years old)
- Infants and children
- People with serious medical conditions
- People living in low-income neighborhoods
- Athletes
- Outdoor workers

If you or anyone you know falls under one of these categories, take extra care during extremely high temperatures. Stay in a cool area and drink plenty of fluids. Avoid caffeinated drinks.

Heat stroke is a medical emergency! **Call 911 immediately** if someone has a high body temperature, is unconscious, confused, or stopped sweating.

While waiting for help, keep the person cool by:

- Moving them to a cool place
- Applying cool water to the skin

If you are taking any medication or have a certain health conditions, you may be more at risk of overheating. Contact us at [phone number].

It is going to be hot in the coming days. Prevent heat illness by staying in a cool place. There are public spaces available that have air-conditioning. To find the nearest cooling center, visit [\[insert website\]](#).

DURING

Social media post or text message

Stay safe during times of extreme heat.

- Drink plenty of water, even if you don't feel thirsty, to decrease your risk of dehydration.
- Wear loose-fitting, light-colored clothes.
- Stay in a cool, air-conditioned area. For available cooling centers, visit: [\[insert website or phone number\]](#).
- Check in on neighbors, friends, and elderly family members to make sure they are cool and hydrated.
- Reschedule outdoor activities for later in the day when it is cooler.
- Never leave pets or children in a parked car, even if the windows are open.
- Avoid using your oven.
- Take cool showers or baths.
- Block the sun in your home by closing shades and curtains during the day.

Additional tips on how to stay safe and what to do during an extreme heat-related emergency can be found at: [\[insert website\]](#)