

# SUMMER PREPAREDNESS TIPS

**NEMCo** focuses on educating our community members about a variety of emergency preparedness activities, from preparing for disasters to offering seasonal preparedness tips. This edition of our NEMCo newsletter will focus on numerous safety and preparedness tips to help everyone better manage summer heat conditions. We are providing a variety of resource materials focused on six primary categories to help us all

**STAY SAFE THIS SUMMER!**

## Seek Air-Conditioned Safe Places

- Air-conditioned public buildings such as libraries and shopping centers.
- Parks with plenty of vegetation and shade.
- Cooling centers, when opened by local authorities.
- [Search.wa211.org](https://www.search.wa211.org) - find a cooling center.
- Register for free : [ALERT Northshore](https://www.alertnorthshore.org).



Click on the Picture

## Medications Storage

- Check with your pharmacist for specific requirements for your medications – remember: heat may affect their effectiveness!
- [Mayo Clinic: how heat affects medication.](#)
- [CDC: Creating a Heat Action Plan with Your Doctor.](#)
- [CDC: About Heat and Your Health.](#)

Heat Exhaustion	Heat Stroke
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><small>Heat exhaustion can lead to heat stroke.</small></p>	<p><small>Heat stroke can cause death or permanent disability if emergency treatment is not given.</small></p>
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

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## Home Preparations

- Check that air-conditioners, fans, refrigerators, and freezers are working properly.
- Install curtains or blinds and close them during the heat of the day.
- Add external awnings, shutters or other shading to prevent sun shining on windows
- Insulate your home .
- Buy emergency masks, filters, and box fans **NOW**, before they are needed.
- Go to [Ready.gov](https://www.ready.gov) for more information.

[Summer Preparedness Tips](#). While most of the resources are available through governmental entities, we are also offering a few that seem representative of other web resources that are also available but this does not imply endorsement of any particular person or business.

[WWW.NorthShoreEMC.com](http://WWW.NorthShoreEMC.com)



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**VOLUNTEERS TRAINED TO PROVIDE EMERGENCY PREPAREDNESS AND AMATEUR RADIO COMMUNICATION SERVICES TO THE NORTHSHORE COMMUNITIES.**

## Create plans and contact information

- Have contact details for people and organizations readily available should you need assistance.
- Make a plan with family, friends and neighbors to keep in contact during hot weather.
- Click on **Get Ready King County** to create a plan.
- **Redcross: Emergency Preparedness Checklist.**



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## Heat Exhaustion and Stroke

- Schedule outdoor activities in the early morning or evening hours rather than in full mid-day sun.
- Wear lightweight and loose-fitting clothing.
- Take frequent breaks in the shade or air-conditioned environments.
- Stay hydrated.
- If you feel over-heated, find a shady area to relax and cool down. Do not continue to exert yourself.
- Know the signs of heat exhaustion and heat stroke. Remember that heat stroke is a medical emergency and call 911.

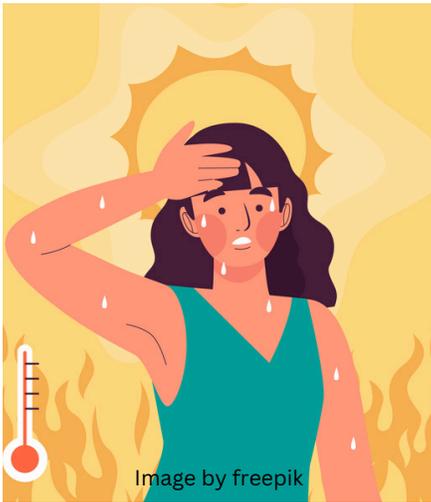


Image by freepik  
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## Indoor Air - Wildlife Smoke

- Predictions for the Pacific Northwest for the summer of 2024 are for significant wildfire potential and resultant smoke events. Make sure you have masks available and a way to take smoke particles out of the air in your home. We strongly encourage you to buy supplies like masks, box fans and filters NOW so you'll be prepared for wildlife smoke conditions.
- The right type of mask is important. The supply of blue medical masks people have from Covid are not sufficient. You should have a mask that is classified as a respirator, such as an N95 or P100. A KN95 is still better than the blue medical masks but an N95 or P100 is much better at filtering contaminants.
- If you have an air conditioning system in your home be sure that filters have been cleaned or replaced to better filter out smoke particles. If you don't have a filtering system a simple one can be made using a box fan and furnace air filter. **University of Washington graphic** explaining how to do this.
- More information and forecasts on **Washington Smoke blog.**



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## Resources

- **Heat.gov**
- **mil.wa.gov/personal**
- **www.seattle.gov**
- **redcross.org**
- **weather.gov/safety**
- **www.cdc.gov**
- **Ready.gov**
- **NorthshoreEMC.com**

*Underlined Text in this document is a live link with more information - click it!*

**WWW.NorthShoreEMC.com**



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