

Extreme Heat

Preparedness	Twitter	Facebook	Image (Instagram)
General Updates	<p>If you are using a message that references your agency specifically, personalize the message using “We” instead of the generic “Public Health Officials”</p> <p>FYI: We are using #EventHashtag for updates on the heat wave. We encourage everyone to do the same.</p> <p>Watch the latest (insert time) press briefing on approaching heat wave from (PA DOH/Governor) bit.ly/addurl #EventHashtag</p> <p>(*If power is out, could link to YouTube video/website of local news station/PA DOH website with summary of key points from press conference)</p> <p>(*Tweet key messages from press conference)</p> <p>Tweet your heat wave questions to us @(DOH Twitter Handle) and we’ll try to answer them #EventHashtag</p> <p>Have a Facebook account? Like (DOH Facebook Page) for more updates on #EventHashtag</p>	<p>If you are using a message that references your agency specifically, personalize the message using “We” instead of the generic “Public Health Officials”</p> <p>Watch the latest (insert time) press briefing on the approaching heat wave from (PA DOH/Governor). The next update on the approaching heat wave will take place at (insert date/time), so keep checking back for the latest information.</p> <p>Link: addurl.gov</p> <p>Image: Add an image from press conference</p> <p>Ask us your questions about the approaching heat wave by commenting on this post and we’ll do our best to answer them. Stay safe and cool!</p> <p>Link: addurl.gov</p> <p>Image: Include photo from press conference</p> <p>Have a Twitter account? If so, follow @(insert DOH or EMA Twitter Name) for weather updates, how to prepare for the heat wave, and what you can do to stay safe once the heat wave arrives. If you don’t have a Twitter account, what are you waiting for? 😊</p>	<p><Image from latest press conference></p> <p>http://bit.ly/1HZ7Lgv</p>

Did you know you can get the latest severe weather updates on your smartphone? Find out how: <http://bit.ly/1mQ2QVb> #EventHashtag

The next #EventHashtag update from (PA DOH/Governor) will take place at (insert date/time) Watch it at bit.ly/addurl

Follow @(insert DOH Twitter handle) for updates on #EventHashtag

Other good organizations to follow for up to date information include (insert Twitter handles of appropriate federal/state/local officials) #EventHashtag

Text "Follow(insert DOH Twitter handle)" to 40404 to receive updates via text message #EventHashtag

Each year heat waves kill more than hurricanes/lightning/tornados/earthquakes/floods combined. Stay cool, hydrated & informed #EventHashtag

It's hot out there. Stay cool, hydrated & informed. Learn how you can stay safe during the heat wave <http://1.usa.gov/1IOZGQs> #EventHashtag

Link: PA DOH's Twitter Page

Image: Add the PA DOH Twitter Image

Did you know you can get the latest severe weather updates on your smartphone? Find out how:

Link: <http://www.ctia.org/your-wireless-life/consumer-tips/wireless-emergency-alerts>

Want to receive updates on the heat wave via text message on your phone? Of course you do! Text "Follow(insert DOH Twitter handle)" to 40404, and stay in the know during the heat wave.

Link: PA DOH's Twitter Page

Image: Add the PA DOH Twitter Image

Each year, heat waves kill more than hurricanes, lightning, tornados, earthquakes, and floods combined! Remember to stay cool, hydrated, and informed during the upcoming heat wave.

Link:

<https://www.youtube.com/watch?v=zBZrPfgQYA>

Image: Link has image

Heat-related deaths and illness are preventable. By staying cool, hydrated, and informed you can keep you and your family

	<p>Report power outages you're experiencing to your utility providers. Report every 8 hrs. Call XXX-XXX-XXXX or visit bit.ly/addurl #EventHashtag</p> <p>(*Monitor and retweet key messages from emergency management agencies re: Extreme Heat)</p>	<p>safe during the upcoming heat wave. Click here to learn more: Link: http://www.cdc.gov/extremeheat/ Image: Add an image of someone drinking water</p> <p>Facebook: Report power outages you're experiencing to your utility providers. Report them every 8 hours. Call XXX-XXX-XXXX or visit: Link: addurl.gov Image: Unlit light bulb</p> <p>(*Monitor and share key messages from emergency management agencies re: Extreme Heat)</p>	
<p>Extreme Heat Weather Terms</p>	<p>Do you know the terms used during a heat wave? Find out here at www.ready.gov/heat #EventHashtag</p> <p>A heat wave is a prolonged period of excessive heat, often combined with excessive humidity www.ready.gov/heat #EventHashtag</p> <p>The Heat Index is a number that tells you how hot it feels when humidity is added to temperature www.ready.gov/heat #EventHashtag</p>	<p>Do you know the difference between Excessive Heat Watch and Excessive Heat Warning? If not, check out this resource Link: http://www.ready.gov/heat Image: Add an image of sun</p> <p>Do you know what a Heat Wave is? How about the Heat Index? For more on heat-related terms, check out this resource Link: http://www.ready.gov/heat Image: Add an image of a thermometer</p> <p>Do you know what heat cramps are and how to tell the difference between heat exhaustion</p>	

	<p>Heat cramps are pains & spasms due to exertion. These are often 1st sign of a heat-related problem www.ready.gov/heat #EventHashtag</p> <p>Heat exhaustion occurs when heat/humidity causes heavy sweating. If untreated body temp can rise leading to heat stroke #EventHashtag</p> <p>Heat stroke or sun stroke is life-threatening. A person stops sweating, body temp rises so high brain damage & death can occur #EventHashtag</p> <p>Do you know the difference between an Excessive Heat Watch & an Excessive Heat Warning? Learn more: http://1.usa.gov/1kG0ovw #EventHashtag</p> <p>A Heat Advisory means the Heat Index will exceed 100-105 Degrees Fahrenheit in the next 1-2 days www.ready.gov/heat #EventHashtag</p>	<p>and heat illness? For more information on heat-related illnesses, use this resource. Link: http://emergency.cdc.gov/disasters/extremeheat/faq.asp Image: Link has photo</p> <p>Heat stroke (aka sun stroke) is a life-threatening condition where a person's temperature control system stops working. He/she stops sweating and the body temp rises, leading to possible brain damage or death if the body is not cooled quickly. Link: http://www.ready.gov/heat Image: Picture of the sun or person sweating/looking hot</p>	
Emergency Supplies	<p>Have an emergency kit w/ flashlight, batteries, meds, 1st aid, food that won't spoil, and bottled water bit.ly/1bKETUA #EventHashtag</p> <p>Make sure to have cash and change on hand in preparation for the heat wave bit.ly/1bKETUA #EventHashtag</p> <p>Make sure your emergency kit includes important family documents bit.ly/1bKETUA</p>	<p>An emergency kit really comes in handy during a heat wave. Make sure yours includes: three days of food that won't spoil & bottled water, important documents (in a waterproof, portable container), batteries, week's supply of medication & cash. Link: http://www.portal.state.pa.us/portal/server.pt?open=514&objID=556208&mode=2</p>	<Image showing emergency kit with supplies>

Prepare Home for Extreme Heat	<p>#EventHashtag</p> <p>Keep your important documents in a waterproof, portable container #EventHashtag</p>	<p>Image: Add detailed picture of emergency kit with supplies</p>	
	<p>Check air conditioners regularly! If unit is a window unit, install snugly and insulate if necessary. If central, clean ducts! #EventHashtag</p> <p>Put reflectors between windows & drapes (aluminum-foil covered cardboard works) to reflect heat http://www.ready.gov/heat #EventHashtag</p> <p>Keep cool air inside by weather-stripping doors and windowsills http://www.ready.gov/heat #EventHashtag</p> <p>Cover windows that get sun during peak daylight hours with shades, drapes, or awnings http://www.ready.gov/heat #EventHashtag</p> <p>Check out some steps you can take to prepare your home for the heat wave http://1.usa.gov/1dDASJ #EventHashtag</p>	<p>Do you regularly check your air conditioners? You should! If you have a window unit, make sure that you snugly install the unit and insulate it if necessary. If you have a central air conditioning system, clean the ducts regularly.</p> <p>Link: http://www.wikihow.com/Clean-an-Air-Conditioner</p> <p>Image: Link has photo</p> <p>There are many ways to help keep your house cooler. Cover your windows with shades or drapes, weather-strip your doors and windows, or place a reflector between your windows and drapes (aluminum-foil covered cardboard works) to reflect heat.</p> <p>Link: http://www.ready.gov/heat</p> <p>Image: Show a house with draped window</p> <p>Need help preparing your home for the heat wave this summer? Get helpful advice on how to protect your windows, conserve electricity, install window air conditioners snugly, and much more. Visit this webpage for more information</p>	Steps to Prepare BEFORE a Heat Wave

		<p>Link: http://gohsep.la.gov/hazards/heatpdf.pdf Image: Link has photo</p>	
<p>Charge your devices</p>	<p>If you still have power and are in the #EventHashtag, now is a good time to charge up any electronics, gather flashlights & test batteries</p>	<p>If you still have power, now is a great time to charge up any electronics you may need during the heat wave. Also, don't forget to gather flashlights and test batteries. Image: Add an Image of cell phone/flashlight</p>	
<p>Check in with family</p>	<p>Update your social networks or text family and friends to let them know you're okay. Phone lines may be jammed <u>#EventHashtag</u></p> <p>Check on neighbors or family who may need help during the heat wave #EventHashtag</p> <p>Now is a great time to update your emergency plan. Click here for details http://bit.ly/18RfgMv #EventHashtag</p> <p>Review your family's emergency plan with all your loved ones before the heat wave bit.ly/1gYy8ay #EventHashtag</p> <p>If you have a home healthcare provider, make sure he/she is aware of your emergency plans as well #EventHashtag</p>	<p>Do you have a family emergency plan? Need help creating one or updating your current plan? Now is a great time to create and update your emergency plan. Check out this resource to help create a plan for your home, vehicle, and workplace. Link: http://www.portal.state.pa.us/portal/server.page/community/be_prepared/21274 Image: Add an image of a family</p> <p>Remember to review your family's emergency plan with all of your loved ones, especially your children. Link: http://www.portal.state.pa.us/portal/server.page?open=514&objID=556206&mode=2 Image: Add an image of children</p> <p>Have a neighbor or a family member who may need help during the heat wave? If so, do your</p>	

		<p>best to check on them prior to and immediately following the heat wave. Image: Add an image of elderly person</p>	
<p>Pets</p>	<p>What is best for you is usually best for your animals. Include your pets in your emergency plan bit.ly/NTRISR #EventHashtag</p> <p>Never leave your animal behind if you have to leave your home. Have a plan that includes them. bit.ly/NTRISR #EventHashtag</p> <p>Bringing a pet or service animal to a shelter? Bring leash/vet records/license & week's supply of food/water/meds #EventHashtag</p> <p>Also bring a current photo of you with your pets to the shelter to help others identify them in case you get separated #EventHashtag</p> <p>Bring your pets indoors during the heat wave #EventHashtag</p>	<p>Our pets are our family. Keep in mind that during a heat wave what is best for you is usually best for your pet or service animal. Remember to never leave your animal behind if you have to leave your home. Link: http://www.humanesociety.org/issues/animal_rescue/tips/pets-disaster.html Image: Has a photo</p> <p>What is best for you is usually best for your pet or service animal. Make sure to include your pets in your emergency plan. Here is a to-do list for protecting your pets during a heat wave. Link: http://www.humanesociety.org/issues/animal_rescue/tips/pets-disaste.html Image: Has a picture</p> <p>Bringing a pet or service animal to a shelter? Don't forget their leash, veterinarian records, license, crate, and a week's supply of food, water, and medication. Also bring a current photo of you with your pets to help others identify them in case you get separated. Image: Add a photo of dog/cat</p>	

		<p>Don't leave your pal out in the heat this summer. Bring your pets indoors...they will thank you for it!</p> <p>Image: Add a photo of dog</p>	
Food Safety	<p>Keep food safe during power outages. Group food together in the freezer, keep the fridge closed, and use the coldest setting. #EventHashtag</p> <p>Another tip in case of power outage: Put frozen bottles of water in your fridge before #EventHashtag to keep food colder longer</p>	<p>No one likes spoiled food. Keep your food safe in the event of a power outage during the heat wave by grouping food together in the freezer, keeping the fridge doors closed, and using the coldest setting.</p> <p>Image: Add an image of food</p> <p>Link: http://www.fda.gov/Food/RecallsOutbreaksEmergencies/Emergencies/ucm077023.htm</p> <p>Another tip in case of power outage: Put frozen bottles of water in your fridge before the heat wave to keep food colder longer. Image: Add an image of water bottles</p>	
Water/sewage system issues	<p>Fill bathtubs with water to use in case power is out and water is unavailable. #EventHashtag</p>	<p>Don't be stuck without water if the power goes out during the heat wave. Fill your bathtubs with fresh water as an extra supply for washing.</p> <p>Image: Add an image of hand washing</p>	
Heat Stress in the Elderly	<p>The elderly are more prone to heat stress than younger ppl which can lead to heat</p>	<p>The elderly (people 65 years or older) are more likely to suffer heat stress. Heat stress and heat-related illness could lead to heat</p>	

	<p>exhaustion/stroke http://1.usa.gov/1poTyB5 #EventHashtag</p> <p>Elderly are more likely to have chronic medical conditions that affect normal body responses to heat http://1.usa.gov/1poTyB5 #EventHashtag</p> <p>Elderly are more likely to take prescription drugs that impair the body's ability to regulate temp http://1.usa.gov/1poTyB5 #EventHashtag</p> <p>If you are 65 years or older, you are less likely to sense and respond to temperature change http://1.usa.gov/1poTyB5 #EventHashtag</p> <p>If you are 65 years or older, stay in air conditioning as much as possible during the #EventHashtag.</p> <p>Do you know someone 65 years or older? Check on them often during #EventHashtag</p>	<p>exhaustion and heat stroke. For more information on heat illness in the elderly, check out this resource.</p> <p>Link: http://emergency.cdc.gov/disasters/extremeheat/elderlyheat.asp</p> <p>Image: Link has photo</p> <p>The elderly are more likely to have chronic medical conditions that affect normal body responses to heat and are more likely to take prescription drugs that impair the body's ability to regulate temperature. Learn more about ways to stay cool.</p> <p>Link: http://emergency.cdc.gov/disasters/extremeheat/elderlyheat.asp</p> <p>Image: Link has photo</p>	
Special Needs Preparedness	<p>Infants/children are sensitive to extreme heat. Keep them cool/hydrated & never leave them in the car http://1.usa.gov/1pGkIQj #EventHashtag</p> <p>Get medical care immediately if your child has symptoms of heat-related illness. For more on symptoms: http://1.usa.gov/1ji4qiV #EventHashtag</p>	<p>Infants and children need special attention during and after a heat wave. Keep them cool, hydrated & never leave them in the car (even if the windows are open). Check out this resource for more information on how to keep your child safe:</p> <p>Link: http://www.cdc.gov/extremeheat/children.html</p>	

Have a disability or need special medical attention? Make sure a neighbor knows you may need assistance #EventHashtag

Use a wheelchair & live in a high-rise? Make sure someone in your building knows you may need assistance #EventHashtag

Rely on electrical medical devices? Have extra batteries/backup power source & fully charge device(s) before the heat wave #EventHashtag

If you use an electric wheelchair or scooter, have a backup power source or manual wheelchair available #EventHashtag

People with chronic medical conditions are less likely to sense temperature changes. More info here: <http://1.usa.gov/1VOHR5> #EventHashtag

For information on the Low Income Home Energy Assistance Program (LIHEAP) click here: <http://1.usa.gov/1tpRBHe> #EventHashtag

Working outdoors during the #EventHashtag? Follow these tips to stay safe: <http://1.usa.gov/TUdmOV>

Planning to exercise during the #EventHashtag? Follow these tips to make sure that you do so safely: <http://1.usa.gov/TUdtdo>

Image: Add photo of a child

Have a disability or need special medical attention? Not sure what to do during a heat wave? Check out these preparedness tips for people with disabilities and special medical needs.

Link:

<http://www.portal.state.pa.us/portal/server.pt/community/hidden-be-prepared/21274/helping-with-special-needs-people-with-disabilities/1364091>

Image: Link has a photo

Have a disability or need special medical attention? Make sure a neighbor knows you may need assistance.

Image: Add image of person in wheelchair

Are you using a wheelchair and living in a high-rise? Make sure someone in your building knows that you may need assistance in case of a power outage.

Image: Add image of person in wheelchair

Are you using an electric wheelchair or scooter? Make sure you have a backup power source or manual wheelchair available in case you lose power during the heat wave.

Image: Add image of person in wheelchair

		<p>For information on the Low Income Home Energy Assistance Program (LIHEAP) click here Link: http://www.cdc.gov/extremeheat/poor.html</p> <p>People who work outdoors are more likely to become dehydrated and are more likely to get heat-related illness. For more information on how to stay safe while working during the upcoming heat wave: Link: http://www.cdc.gov/extremeheat/workers.html</p> <p>Image: Add photo of someone working outside</p> <p>People who exercise in extreme heat are more likely to become dehydrated and get heat-related illness. For more information on how to stay safe while exercising during the upcoming heat wave: Link: http://www.cdc.gov/extremeheat/athletes.html</p> <p>Image: Add image of athlete practicing on sunny day</p>	
Vehicle Safety	Never leave anyone, especially children, in a car during the #EventHashtag. Heat stroke and death are serious risks.	If you are traveling outside in a car during the heat wave, remember to never leave anyone inside the car when you leave. This includes	

	<p>When leaving your car, make sure everyone is out of the car including sleeping children or pets. #EventHashtag</p>	<p>children and pets. Heat stroke and death are serious risks. Learn more at this resource. Link: http://www.cdc.gov/extremeheat/children.html Image: Add image of pet in the car</p>	
<p>Prescription Drugs</p>	<p>Don't run out of medications. Some insurance plans allow early refills. Check with your pharmacy for more information #EventHashtag</p> <p>Keep a list of your medications, prescribing doctor, & dietary supplements with you at all times #EventHashtag</p> <p>Certain medications can increase your susceptibility to heat related illness. Have a plan & know where to go if you lose power #EventHashtag</p>	<p>Worried that you will run out of medication during the upcoming heat wave? Did you know that some insurance plans allow early refills prior to a heat wave? Call or visit your pharmacy for more information. Image: Add an image of medication</p> <p>Worried that you will run out of medication during the upcoming heat wave? Remember to keep a list of your medications, prescribing doctor, dietary supplements, and insurance information with you at all times. Image: Add image of medication</p> <p>Did you know that certain medications can increase your risk for heat related illnesses? Contact your physician to find out if you are at an increased risk, and have a plan that includes knowing where to go in the event that you lose power during the heat wave. Link: http://www.bt.cdc.gov/disasters/extremeheat/heattips.asp Image: Add image of an elderly person</p>	

Candles/Flashlights	To our candle-burning friends out there: use safe holders, keep them away from burnable things & don't leave them unattended #EventHashtag	Flashlights are the safest way to light your home when the power goes out, so have a few on hand. Using candles instead? Make sure you use safe holders, keep them away from things that could catch fire, and don't leave them unattended. Image: Add photo of a candle	
Rumor Control	<p>Be sure to actively monitor your audience for rumors and misinformation by searching for trending hashtags and monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.</p> <p>If credible rumor control pages are set up by other agencies (e.g. FEMA's Rumor Control page during Hurricane Sandy), link your audience to them.</p> <p>If partnering/credible agencies adopt a Hashtag for rumor control (e.g. #RumorControl, #Mythbuster), use it when correcting misinformation.</p>	<p>Be sure to actively monitor your audience for rumors and misinformation by monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.</p> <p>If credible rumor control pages are set up by other agencies (e.g. FEMA's Rumor Control page during Hurricane Sandy), link your audience to them.</p>	

Response	Twitter	Facebook	Image
General Updates	<p>If you are using a message that references your agency specifically, personalize the message using “We” instead of the generic “Public Health Officials”</p> <p>Reminder: We are using #EventHashtag for updates on the heat wave. We encourage everyone to do the same.</p> <p>Watch the latest (insert time) press briefing on the heat wave from (PA DOH/Governor) bit.ly/addurl #EventHashtag</p> <p>(*If power is out, could link to YouTube video/website of local news station/PA DOH website with summary of key points from press conference)</p> <p>(*Tweet key messages from press conference)</p>	<p>If you are using a message that references your agency specifically, personalize the message using “We” instead of the generic “Public Health Officials”</p> <p>Watch the latest (insert time) press briefing on the heat wave from (PA DOH/Governor). The next update on the heat wave will take place at (insert date/time), so keep checking back for the latest information Link: addurl.gov Image: Include photo from press conference</p> <p>Post your heat wave questions by commenting on this post and we’ll do our best to answer them. Stay safe and cool!</p> <p>Have a Twitter account? If so, follow @(insert DOH or EMA Twitter Name) for weather</p>	

Tweet your heat wave questions to us @(DOH Twitter Handle) and we'll try to answer them #EventHashtag

Have a Facebook account? Like **(DOH Facebook Page)** for more updates on #EventHashtag

The next #EventHashtag update from (PA DOH/Governor) will take place at (insert date/time) Watch it at bit.ly/addurl

Reminder: Follow @(insert DOH Twitter handle) for updates on #EventHashtag

Reminder: Other good organizations to follow for up to date information include (insert Twitter handles) #EventHashtag

Text "Follow(insert DOH Twitter handle)" to 40404 to receive updates via text message #EventHashtag

Remember to use 911 only in emergencies. For other requests, call 311 **(Or equivalent non-emergency contact center in your area).** #EventHashtag

Each year heat waves kill more than hurricanes/lightning/tornados/earthquakes/floo

updates, and what you can do to stay safe during the heat wave. If you don't have a Twitter account, what are you waiting for? ☺

Link: PA DOH's Twitter Page

Image: Use PA DOH Twitter Image

Want to receive updates on the heat wave via text message on your phone? Of course you do! Text "Follow(insert DOH Twitter handle)" to 40404, and stay in the know during the snow.

Remember: only use 9-1-1 for emergencies. For other requests, call 3-1-1 **(Or equivalent non-emergency contact center in your area).**

Each year, heat waves kill more than hurricanes, lightning, tornados, earthquakes, and floods combined! Remember to stay cool, hydrated, and informed during the upcoming heat wave.

Link:

<https://www.youtube.com/watch?v=zBZrPfgQYA>

Image: Link has image

Heat-related deaths and illness are preventable. By staying cool, hydrated, and informed you can keep you and your family safe during the heat wave. Click here to learn more:

	<p>ds combined. Stay cool, hydrated & informed #EventHashtag</p> <p>It's hot out there. Stay cool, hydrated & informed. Learn how you can stay safe during the heat wave http://1.usa.gov/1IOZGQs #EventHashtag</p> <p>(*Monitor and retweet key messages from emergency management agencies re: Extreme Heat)</p>	<p>Link: http://www.cdc.gov/extremeheat/</p> <p>Image: Add an image of someone drinking water</p> <p>(*Monitor and share key messages from emergency management agencies re: Extreme Heat)</p>	
Details on Heat Wave	<p>The highest temperatures are expected for _____ county(ies) #EventHashtag</p> <p>Check out the latest projected heat map bit.ly/heatmap #EventHashtag</p>	<p>Check out this map to get the latest projected temperatures for your area. As of now, the highest temperatures are expected for _____ County(ies).</p> <p>Link: addurl.gov</p> <p>Image: Show heat map</p>	<Image showing heat map>
Check in with family	<p>Update your social networks or text family and friends to let them know that you're safe. Phone lines will be jammed. #EventHashtag</p>	<p>Let your family and friends know that you are OK during the heat wave. Since phone lines may be jammed, the best way to do that is to update your social networks or send them a text.</p> <p>Image: Show someone texting or using social media</p>	
Medical Attention	<p>In need of urgent medical attention? Call 9-1-1 for all medical emergencies. #EventHashtag</p>	<p>In need of urgent medical attention? Call 9-1-1 for all medical emergencies.</p> <p>Image: Show ambulance or dispatch center</p>	

Extreme Heat Terms

Do you know the terms used during a heat wave? Find out here at www.ready.gov/heat #EventHashtag

A heat wave is a prolonged period of excessive heat, often combined with excessive humidity www.ready.gov/heat #EventHashtag

The Heat Index is a number that tells you how hot it feels when humidity is added to temperature www.ready.gov/heat #EventHashtag

Heat cramps are pains & spasms due to exertion. These are often 1st sign of a heat-related problem www.ready.gov/heat #EventHashtag

Heat exhaustion occurs when heat/humidity causes heavy sweating. If untreated body temp can rise leading to heat stroke #EventHashtag

Heat stroke or sun stroke is life-threatening. A person stops sweating, body temp rises so high brain damage & death can occur #EventHashtag

Do you know the difference between an Excessive Heat Watch & an Excessive Heat Warning? Learn more: <http://1.usa.gov/1kG0ovw> #EventHashtag

Do you know the difference between Excessive Heat Watch and Excessive Heat Warning? If not, check out this resource

Link: <http://www.ready.gov/heat>

Image: Add an image of sun

Do you know what a Heat Wave is? How about the Heat Index? For more on heat-related terms, check out this resource

Link: <http://www.ready.gov/heat>

Image: Add an image of a thermometer

Do you know what heat cramps are and how to tell the difference between heat exhaustion and heat illness? For more information on heat-related illnesses, use this resource.

Link:

<http://emergency.cdc.gov/disasters/extremeheat/faq.asp>

Image: Link has photo

Heat stroke (aka sun stroke) is a life-threatening condition where a person's temperature control system stops working. He/she stops sweating and the body temp rises, leading to possible brain damage or death if the body is not cooled quickly.

Link: <http://www.ready.gov/heat>

Image: Picture of the sun or person sweating/looking hot

	<p>A Heat Advisory means the Heat Index will exceed 100-105 Degrees Fahrenheit in the next 1-2 days www.ready.gov/heat #EventHashtag</p>		
<p>Understanding and Treating Heat Illness</p>	<p>Learn more about recognizing warning signs & symptoms of heat-related illness & what you can do http://1.usa.gov/1ji4qiV #EventHashtag</p> <p>Heat rash is skin irritation caused by sweat during hot/humid weather. To treat: move to cool/less humid place. Common in kids #EventHashtag</p> <p>Heat cramps affect people who sweat a lot during activity. This depletes salt & moisture & can be a symptom of heat exhaustion #EventHashtag</p> <p>Treat Heat Cramps by moving to cooler place. Lightly stretch muscle, replenish fluids with half glass of water every 15 min #EventHashtag</p> <p>Heat exhaustion is the body's response to losing too much water & salt. It's milder than heat stroke #EventHashtag http://1.usa.gov/1mVAPdW</p> <p>Heat exhaustion symptoms: moist skin/heavy sweating/paleness/muscle</p>	<p>Check out this resource to learn how to recognize the warning signs and symptoms of heat-related illness and what you can do if you notice them.</p> <p>Link: http://www.cdc.gov/extremeheat/warning.html</p> <p>Image: Add image of person looking hot/sweaty</p> <p>Heat rash is skin irritation caused by sweat during hot/humid weather & is common in kids. If you have heat rash, get to a cooler, less humid environment and keep the affected area dry. Try to avoid hot and humid locations whenever possible.</p> <p>Link: http://emergency.cdc.gov/disasters/extremeheat/heat_guide-page-3.asp</p> <p>Image: Link has photo</p> <p>Do you know how to treat heat cramps? Get to a cooler place & rest in a comfortable position. Lightly stretch the muscle and have half a glass of cool water every 15 minutes. Don't drink liquids with alcohol or caffeine.</p>	

cramps/headaches/nausea/vomiting/dizziness/fainting #EventHashtag

Notice heat exhaustion symptoms? Help victim cool off & get medical attention if symptoms worsen or last longer than 1 hour #EventHashtag

Move heat exhaustion victim to cool place, loosen clothes, apply cool/wet cloth. Drink water every 15 min & watch carefully #EventHashtag

Get medical attention immediately if heat exhaustion symptoms are severe or victim has heart problems/high blood pressure #EventHashtag

Heat stroke is a serious illness & occurs when the body stops being able to control its temperature #EventHashtag <http://1.usa.gov/1mVAPdW>

Signs of heat stroke: 103°+ temp/dry skin (no sweating)/rapid pulse/bad headache/dizziness/nausea/confusion/unconsciousness #EventHashtag

Notice heat stroke symptoms? Call 911 & cool the victim as quickly as possible while waiting for help <http://1.usa.gov/1mVAPdW> #EventHashtag

Link:

http://emergency.cdc.gov/disasters/extremeh eat/heat_guide-page-3.asp

Image: Link has photo

Signs of heat exhaustion: heavy sweating, pale, muscle cramps, tired, weak, dizzy, headache, nausea, fainting, cool/moist skin, fast/weak pulse, fast/shallow breathing. Get medical attention immediately if symptoms are severe or victim has heart problems or high blood pressure.

Link:

http://emergency.cdc.gov/disasters/extremeh eat/heat_guide-page-3.asp

Image: Link has photo

Do you know how to treat heat exhaustion? Get to a cooler place & rest comfortably. Remove or loosen tight clothes, apply a cool wet cloth & drink a half glass of cool water slowly every 15 minutes. Avoid alcohol and caffeine. Get medical attention immediately if symptoms are severe.

Link:

http://emergency.cdc.gov/disasters/extremeh eat/heat_guide-page-3.asp

Image: Link has photo

Do you know how to recognize if someone is having a heat stroke? Warning signs include:

	<p>Notice heat stroke symptoms? Call 911, cool victim but do NOT give them fluids to drink http://1.usa.gov/1mVAPdW #EventHashtag</p> <p>Who is at greatest risk for Heat Illness during #EventHashtag? Infants & children up to age 4; people 65 yr & older, overweight, or ill.</p> <p>Regularly check on people who are at the highest risk of heat illness during the #EventHashtag</p>	<p>Body temp above 103°F, dry skin (no sweating), rapid/strong pulse, throbbing headache, dizziness, nausea, confusion, and unconsciousness.</p> <p>Link: http://emergency.cdc.gov/disasters/extremeh eat/heat_guide-page-3.asp</p> <p>Image: Link has photo</p> <p>Heat stroke is life-threatening and help is needed right away. If you notice signs call 911 immediately. While waiting for help, move the person to a cooler place and quickly cool the body any way that you can. Do NOT give the victim fluids to drink.</p> <p>Link: http://emergency.cdc.gov/disasters/extremeh eat/heat_guide-page-3.asp</p> <p>Image: Link has a photo</p>	
Check on Neighbors	<p>Check in on elderly neighbors and family who may need help during the heat wave #EventHashtag</p> <p>Try to visit elderly neighbors twice a day & watch for signs of heat exhaustion or heat stroke http://1.usa.gov/1x7lybz #EventHashtag</p>	<p>Have a neighbor or a family member who may need help during the heat wave? If so, do your best to check on them during or immediately following the heat wave. Try to check on them at least twice a day and look for signs of heat exhaustion or heat stroke.</p> <p>Link: http://www.bt.cdc.gov/disasters/extremeheat/heat_guide-page-2.asp</p> <p>Image: Add picture of elderly person</p>	

<p>Food Safety</p>	<p>Keep food safe during power outage. Group food together in the freezer, keep the fridge closed, and turn to coldest setting #EventHashtag</p>	<p>No one likes spoiled food. Keep your food safe in the event of a power outage during the heat wave by grouping food together in the freezer, keeping the fridge doors closed, and using the coldest setting. Image: Add photo of food Link: http://www.fda.gov/Food/RecallsOutbreaksEmergencies/Emergencies/ucm077023.htm</p>	
<p>Actions to take during the Heat Wave</p>	<p>Check out this video from CDC on how to stay cool in extreme heat http://bit.ly/1nEzz0I #EventHashtag</p> <p>Listen to @NOAA radio for updates from the National Weather Service. For station listings: http://1.usa.gov/18vwRin #EventHashtag</p> <p>It's hot! Drink plenty of fluids - don't wait til you're thirsty. Avoid alcohol & sugary drinks that cause you to lose fluids #EventHashtag</p> <p>Exercising during the heat? Drink 2 to 4 glasses (16-32 ounces) of cool fluids an hour. Stay hydrated, stay cool, stay safe! #EventHashtag</p> <p>Stay indoors as much as you can during the #EventHashtag! Limit your exposure to the sun when possible.</p>	<p>Want to learn how to stay cool in extreme heat? Check out this video from CDC: Link: https://www.youtube.com/watch?v=zBZrPfgQYA Image: Link has image</p> <p>Listen to the National Weather Service Radio for updates on the event. For information on station listings, check out the website for official information. Link: http://www.nws.noaa.gov/nwr/ Image: Link has a photo</p> <p>Stay indoors and limit your exposure to the sun whenever possible during the heat wave. If you do not have air conditioning, spend the day in a local library, mall, or other air conditioned location. Contact your local</p>	

No air conditioning during the #EventHashtag? Stay on the lowest floor away from sunshine to stay cool.

No air conditioning during #EventHashtag? Stay cool by visiting your local library, movie theater, or mall during hottest parts of the day.

When going outside, wear loose, lightweight, light-colored clothing covering as much skin as possible. Avoid dark colors. #EventHashtag

When out in the sun, wear a wide-brimmed hat to protect your face and head during the #EventHashtag.

Using an electric fan during the #EventHashtag? Try taking a cool shower or bath instead!
<http://1.usa.gov/1nRKBNY>

Do you have to be outside during the #EventHashtag? Limit your outdoor activity to mornings and evenings when possible.

Do you have to be outside during the #EventHashtag? Take frequent breaks in shady areas.

Adjust to the weather slowly by limiting activity until you become accustomed to the heat

health department to see if heat relief locations have been set up in your area.

Image: Add photo of the sun

Make sure to stay hydrated during the heat wave. Don't wait until you're thirsty to drink. Keeping hydrated will keep you cool. Avoid alcohol, caffeine, and sugary drinks as they will make you dehydrate faster.

Link:

http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp

Image: Link has an image

Do you have to go outside? Choose the best outfit to keep you cool! Wear loose, lightweight, light colors that cover as much skin as possible. Wear a wide-brimmed hat, sunscreen, and sunglasses.

Image: Add photo of sunglasses

Adjusting to the weather is important if you need to work outside during the heat wave. Adjust slowly by limiting your strenuous activity until you become accustomed to the heat. Visit this resource for more information:

Link:

http://emergency.cdc.gov/disasters/extremeheat/heat_guide-page-2.asp

Image: Link has photo

	<p>#EventHashtag Learn more: http://1.usa.gov/1nKEGvi</p> <p>Use sunscreen, sunglasses, and a wide-brimmed hat while out in the sun to protect you during the #EventHashtag http://1.usa.gov/1nRKBNY</p> <p>Limit the use of your stove or oven to cook during #EventHashtag. It will make you and your house hotter http://1.usa.gov/1nRKBNY</p> <p>For more info on what you can do to stay cool during #EventHashtag visit: http://1.usa.gov/1nRKBNY Stay hydrated, stay cool, stay safe!</p>	<p>Electric fans will not provide relief during the heat wave. Try to take a cool shower or bath to keep you cool and combat heat-related illness. Link: http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp Image: Link has an image</p> <p>For more information on what you can do to stay cool during the heat wave, check out this resource from the CDC. Remember to stay hydrated, stay cool, and stay safe! Link: http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp Image: Link has an image</p>	
<p>Special Populations</p>	<p>Infants/children are sensitive to extreme heat. Keep them cool/hydrated & never leave them in the car http://1.usa.gov/1pGklQj #EventHashtag</p> <p>Get medical care immediately if your child has symptoms of heat-related illness. For more on symptoms: http://1.usa.gov/1ji4qiV #EventHashtag</p> <p>Use a wheelchair & live in a high-rise? Make sure someone in your building knows you will need assistance #EventHashtag</p>	<p>Infants and children need special attention during and after a heat wave. Keep them cool, hydrated & never leave them in the car (even if the windows are open). Check out this resource for more information on how to keep your child safe: Link: http://www.cdc.gov/extremeheat/children.html Image: Add photo of a child</p> <p>Have a disability or need special medical attention? Not sure what to do during a heat</p>	

Rely on electrical medical devices? Have extra batteries/backup power source & fully charge device before the heat wave #EventHashtag

If you use an electric wheelchair or scooter, have a backup power source or manual wheelchair available #EventHashtag

People with chronic medical conditions are less likely to sense temperature changes. More info here: <http://1.usa.gov/1VOHR5> #EventHashtag

For information on the Low Income Home Energy Assistance Program (LIHEAP) click here: <http://1.usa.gov/1tpRBHe> #EventHashtag

Working outdoors during the #EventHashtag? Follow these tips to stay safe: <http://1.usa.gov/TUdmOV>

Planning to exercise during the #EventHashtag? Follow these tips to make sure that you do so safely: <http://1.usa.gov/TUdtdo>

wave? Check out these preparedness tips for people with disabilities and special medical needs.

Link:

<http://www.portal.state.pa.us/portal/server.page/community/hidden-be-prepared/21274/helping-with-special-needs-people-with-disabilities/1364091>

Image: Link has a photo

Are you using a wheelchair and living in a high-rise? Make sure someone in your building knows that you may need assistance in case of a power outage.

Image: Add image of person in wheelchair

Are you using an electric wheelchair or scooter? Make sure you have a backup power source or manual wheelchair available in case you lose power during the heat wave.

Image: Add image of person in wheelchair

For information on the Low Income Home Energy Assistance Program (LIHEAP) click here

Link:

<http://www.cdc.gov/extremeheat/poor.html>

People who work outdoors are more likely to become dehydrated and are more likely to get heat-related illness. For more information on

		<p>how to stay safe while working during the upcoming heat wave: Link: http://www.cdc.gov/extremeheat/workers.html Image: Add photo of someone working outside</p> <p>People who exercise in extreme heat are more likely to become dehydrated and get heat-related illness. For more information on how to stay safe while exercising during the upcoming heat wave: Link: http://www.cdc.gov/extremeheat/athletes.html Image: Add image of athlete practicing on sunny day</p>	
Heat Stress in the Elderly	<p>The elderly are more prone to heat stress than younger ppl which can lead to heat exhaustion/stroke http://1.usa.gov/1poTyB5 #EventHashtag</p> <p>Elderly are more likely to have chronic medical conditions that affect normal body responses to heat http://1.usa.gov/1poTyB5 #EventHashtag</p> <p>Elderly are more likely to take prescription drugs that impair the body's ability to regulate temp http://1.usa.gov/1poTyB5 #EventHashtag</p>	<p>The elderly (people 65 years or older) are more likely to suffer heat stress. Heat stress and heat-related illness could lead to heat exhaustion and heat stroke. For more information on heat illness in the elderly, check out this resource. Link: http://emergency.cdc.gov/disasters/extremeheat/elderlyheat.asp Image: Link has photo</p>	

	<p>If you are 65 years or older, you are less likely to sense and respond to temperature change http://1.usa.gov/1poTyB5 #EventHashtag</p> <p>If you are 65 years or older, stay in air conditioning as much as possible during the #EventHashtag.</p> <p>Do you know someone 65 years or older? Check on them often during #EventHashtag</p>	<p>The elderly are more likely to have chronic medical conditions that affect normal body responses to heat and are more likely to take prescription drugs that impair the body’s ability to regulate temperature. Learn more about ways to stay cool.</p> <p>Link: http://emergency.cdc.gov/disasters/extremeheat/elderlyheat.asp</p> <p>Image: Link has photo</p>	
Vehicle Safety	<p>Never leave anyone, especially children, in a car during the #EventHashtag. Heat stroke and death are serious risks.</p> <p>When leaving your car, make sure everyone is out of the car including sleeping children or pets. #EventHashtag</p>	<p>If you are traveling outside in a car during the heat wave, remember to never leave anyone inside the car when you leave. This includes children and pets. Heat stroke and death are serious risks. Learn more at this resource.</p> <p>Link: http://www.cdc.gov/extremeheat/children.html</p> <p>Image: Add image of pet in the car</p>	
Pets	<p>Bringing a pet/service animal to a shelter? Bring leash/carrier, vet records/license & a week’s supply of food, water, & meds #EventHashtag</p> <p>Also bring a current photo of you with your pets to the shelter to help others identify them in case you get separated #EventHashtag</p>	<p>Bringing a pet or service animal to a shelter? Don’t forget their leash, veterinarian records, license, crate, and a week’s supply of food, water, and medication. Also bring a current photo of you with your pets to help others identify them in case you get separated.</p> <p>Image: Add a photo of dog/cat</p>	

	<p>Bring your pets indoors during the heat wave #EventHashtag</p>	<p>Don't leave your pal out in the heat this summer. Bring your pets indoors...they will thank you for it! Image: Add a photo of dog</p>	
Cooling stations	<p><u>ReTweet updates on cooling locations from partner agencies</u></p> <p>Try to spend the hottest parts of the day in air conditioning. Public libraries, malls, and other locations have air conditioning if you do not. #EventHashtag</p>	<p>Monitor and share updates on cooling locations from partner agencies</p> <p>No power? No air conditioning? Here is an updated list of cooling stations for those who need to get cool or power their electric medical devices. Remember that public libraries and malls have air conditioning if you do not. Link: addurl.gov</p>	
Social Service Needs	<p><u>ReTweet updates on social service needs from DPW, United Way, and Salvation Army. If those agencies are not tweeting use the following messages:</u></p> <p>This (site/map) provides up to date information on food bank locations bit.ly/addurl #EventHashtag</p> <p>Check here for an updated list for food and water distribution centers bit.ly/addurl keep checking for updated list daily #EventHashtag</p> <p><u>For Southeastern PA:</u></p>	<p><u>Share updates on social service needs from DPW, United Way, and Salvation Army. If those agencies are not posting on FB use the following messages:</u></p> <p>Check out this (site/map) for updated information on food bank locations.</p> <p>Check here for an updated list for food and water distribution centers. Keep checking as this list is updated (daily). Link: addurl.com</p> <p><u>For Southeastern PA:</u></p>	

	<p>Need food, shelter, or clothing? Call 2-1-1 #EventHashtag</p> <p>If you are an agency that supports individuals in their homes, contact your county, call 2-1-1, or click here www.211sepa.org #EventHashtag</p>	<p>Need food, shelter, or clothing? Call 2-1-1 or visit http://www.211sepa.org/</p> <p>Image: 211 SEPA logo</p> <p>Facebook: If you are an agency that supports individuals in their homes, get in touch with your county by contacting them directly, by calling 2-1-1, or by visiting the link below.</p> <p>Link: http://www.211sepa.org/</p> <p>Image: Add an image of 211 SEPA logo</p>	
Power Outage	<p><u>ReTweet updates on utility status from other agencies</u></p> <p>If your power is out, do not call 911. Instead contact your utility company #EventHashtag</p>	<p><u>Share updates on utility status from other agencies</u></p> <p>If your power is out, do not call 911. Instead contact your utility company.</p> <p>Link: Include link to utility company</p>	
Rumor Control	<p>Be sure to actively monitor your audience for rumors and misinformation by searching for trending hashtags and monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.</p> <p>If credible rumor control pages are set up by other agencies (e.g. FEMA’s Rumor Control page during Hurricane Sandy), link your audience to them.</p>	<p>Be sure to actively monitor your audience for rumors and misinformation by monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.</p> <p>If credible rumor control pages are set up by other agencies (e.g. FEMA’s Rumor Control page during Hurricane Sandy), link your audience to them.</p>	

	If partnering/credible agencies adopt a Hashtag for rumor control (e.g. #RumorControl, #Mythbuster), use it when correcting misinformation.		
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Recovery	Twitter	Facebook	Image
General Updates	If you are using a message that references your agency specifically, personalize the message	If you are using a message that references your agency specifically, personalize the	

using “We” instead of the generic “Public Health Officials”

Reminder: We are using #EventHashtag for updates following the heat wave. We encourage everyone to do the same.

Watch the latest (insert time) press briefing following the heat wave from (PA DOH/Governor) bit.ly/addurl #EventHashtag

Have a Facebook account? Like **(DOH Facebook Page)** for more updates on #EventHashtag

(*If power is out, could link to YouTube video/website of local news station/PA DOH website with summary of key points from press conference)

(*Tweet key messages from press conference)

The next #EventHashtag update from (PA DOH/Governor) will take place at (insert date/time) Watch it at bit.ly/addurl

Reminder: Follow @(insert DOH Twitter handle) for updates on #EventHashtag recovery

Other good orgs to follow for updated info on recovery include (insert Twitter handles of

message using “We” instead of the generic “Public Health Officials”

Watch the latest (insert time) press briefing following the heat wave from (PA DOH/Governor). The next update on the heat will take place at (insert date/time), so keep checking back for the latest information

Link: addurl.gov

Image: Include photo from press conference

Have a Twitter account? If so, follow @(insert DOH or EMA Twitter Name) for updates on how to stay safe following the heat wave. If you don’t have a Twitter account, what are you waiting for? 😊

Link: PA DOH’s Twitter Page

Image: Use PA DOH Twitter Image

Want to receive updates on the heat wave via text message on your phone? Of course you do! Text “Follow (insert DOH Twitter handle)” to 40404.

Remember: only use 9-1-1 for emergencies. For other requests, call 3-1-1 **(Or equivalent non-emergency contact center in your area).**

	<p>appropriate federal/state/local officials) #EventHashtag</p> <p>Remember: only use 911 for emergencies. For other requests, call 311 (Or equivalent non-emergency contact center in your area) #EventHashtag</p> <p>(*Monitor and retweet key messages from emergency management agencies re: Heat Wave)</p>	<p>(*Monitor and share key messages from emergency management agencies re: Heat Wave)</p>	
Locating Loved Ones	<p>Need help locating loved ones after the heat wave? Register with Red Cross' Safe and Well http://bit.ly/9ZwlyY #EventHashtag</p>	<p>Let your loved ones know how you are doing after the heat wave. Register with Red Cross' Safe and Well now. Also, remember to text them or use social media to keep in touch. Link: https://safeandwell.communityos.org/cms/index.php Image: Link has an image</p>	
Medical supplies	<p><u>ReTweet messages/maps about status of pharmacies from partner agencies</u></p> <p>Out of meds? Click here for an updated map of pharmacies that are open in your area bit.ly/addurl #EventHashtag</p>	<p><u>Share messages/maps about status of pharmacies from partner agencies</u></p> <p>Out of medication following the heat wave? Check out this map for an updated look at which pharmacies are open in your area Link: addurl.gov Image: Include image of map</p>	

Safe/Unrefrigerated Food	<p>If your home was without power, your food may not be safe to eat. Learn more here http://1.usa.gov/1aCNXkO #EventHashtag</p> <p>Dispose of spoiled food. When in doubt, throw it out 1.usa.gov/qFiX1A #EventHashtag</p>	<p>When in doubt, throw it out. If you lost power during the heat wave, make sure you check for and dispose of any spoiled food. This link provides more information on how to identify food that is no longer safe to eat.</p> <p>Link: http://emergency.cdc.gov/disasters/foodwater/facts.asp</p> <p>Image: Link has image</p>	
Power Outage	<p><u>ReTweet updates on utility status from other agencies</u></p> <p>If your power is out, do not call 911. Instead contact your utility company #EventHashtag</p>	<p><u>Share updates on utility status from other agencies</u></p> <p>If your power is out, do not call 911. Instead contact your utility company.</p> <p>Link: Include link to utility company</p>	
Location of Charging Stations	<p>ReTweet messages/maps about status of charging stations from partner agencies</p> <p>Check here for a list of locations open to the public where you can charge your cell phones bit.ly/addurl #EventHashtag</p>	<p>Share Facebook messages/maps about status of charging stations from partner agencies</p> <p>Check here for an updated list of locations open to the public where you can charge your cell phones addurl.gov</p> <p>Image: Cell phone charger</p>	
Rumor control	<p>Be sure to actively monitor your audience for rumors and misinformation by searching for trending hashtags and monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.</p>	<p>Be sure to actively monitor your audience for rumors and misinformation by monitoring the comments/questions people send to your accounts. Correct misinformation by providing accurate information as soon as possible.</p>	

If credible rumor control pages are set up by other agencies (e.g. FEMA's Rumor Control page during Hurricane Sandy), link your audience to them.

If partnering/credible agencies adopt a Hashtag for rumor control (e.g. #RumorControl, #Mythbuster), use it when correcting misinformation.

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