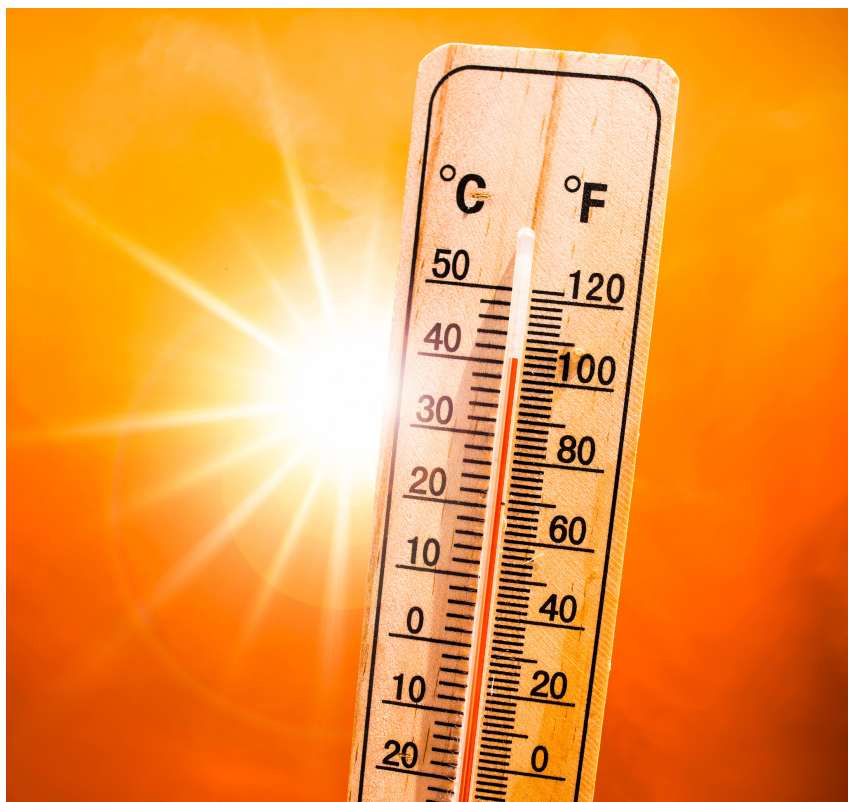


## EMERGENCY PREPAREDNESS

# Extreme Heat

Social Story

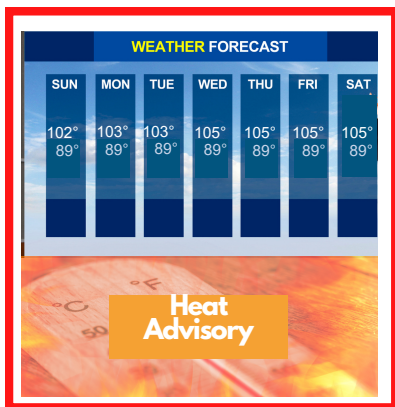




extreme heat



temperature and  
humidity



heat wave



news

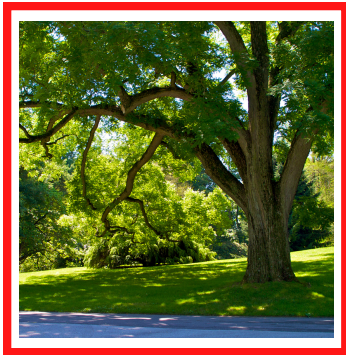
Extreme Heat is when it feels hotter outside than normal. The temperature will be very high and there will be a lot of humidity. Humidity is how much water is in the air. High humidity can cause it to feel hotter outside. When it is hot for several days or weeks it is called a heat wave. Watching the news helps us know what the weather will be everyday.



sick



tell a grown-up



cool spot



water or cool rag



sip water

Too much sun or heat can make you feel sick. If you feel dizzy or weak tell a grown-up right away. Then go to a cool spot, cool your body down with a cool rag, and sip water slowly.



extreme heat



cool and safe



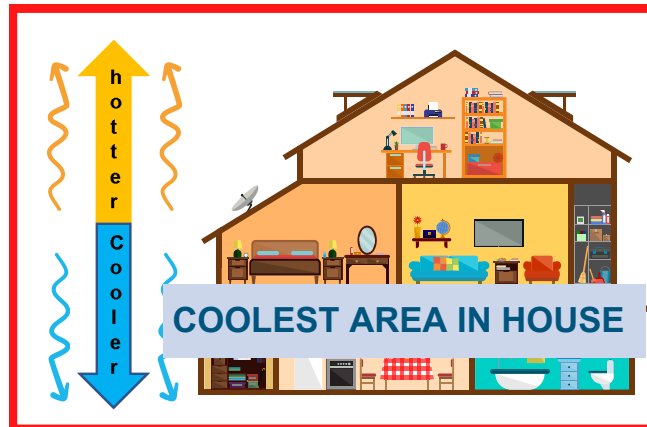
drink water



extra water

There are ways that our family can make sure we are cool and safe during extreme heat. One way is to make sure we are staying hydrated. That means drinking water when it is extremely hot and also having extra water available. Drinks that help us stay hydrated are water, sports drinks, milk, or juices. Drinks to avoid in a heat wave are soda, coffee, or anything with caffeine.





lowest part of the house



spray bottle



fan



cool rags

Another thing we can do to make sure we are safe during the Extreme Heat is to keep cool. We can stay cool by staying in the lowest part of our house, use a battery powered fan, fill a spray bottle with water and spray one another, or use cool rags.



pantry



bag



cereal



can

During extreme heat it is important to make sure you have enough food that will not go bad. In your house this food is often found in your pantry. Food that won't go bad is food that comes out of a box, bag, or can.



cooling centers



mall



grocery store



library

We can also keep cool by going to a Cooling Center. Cooling Centers have beds, food, and water. If there is not a power outage you can go to a cool place like a grocery store, library or mall.

Stay Hydrated Stay Cool Stay Safe



hydrate



cool



safe

Extreme Heat is something that we can prepare for together as a family. We can stay hydrated, cool and safe.



**We have more Emergency Preparedness  
resources, videos, and information on our  
CODSN Website.**

**[https://www.codsn.org/emergency-  
preparedness/](https://www.codsn.org/emergency-preparedness/)**



**CENTRAL OREGON  
Disability Support  
Network**

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