



# FEMA

# PrepareAthon

April 30, 2016

## Region II Individual Preparedness Activities

### Scenario Five: Extreme Heat

Welcome to PrepareAthon! A key element to successfully responding to and recovering from a major disaster is the overall preparedness of individual citizens and their families. With that in mind, we invite you to participate in a series of ‘What would you do?’ scenarios with your loved ones in order to assess your level of preparedness. These tabletop activities are intended to be low-stress conversation starters to be discussed, as the name implies, around your dinner table. We do not want to know your results; only that you participated. Following the situation we have included some discussion questions for your tabletop activity, as well as some helpful links to enhance your individual preparedness. Good luck and thank you for participating in America’s PrepareAthon!

**Scenario:** The national news networks have been reporting on an upcoming major heat wave that will bring record-breaking heat and humidity to the area. They are warning of possible power disruptions from the demand on air-conditioning units. They are also warning viewers to stay inside and stay cool if they can at all do so. The heat wave may last one week.

#### Discussion Questions:

1. What actions can you take to prepare for this excessive heat?
2. Do you participate in any activities that may present health risks in this excessive heat?  
How can you be safer when participating in them?
3. What can you do to reduce the demand on electricity in your home or office?
4. If you own a home, have you installed a generator? If so, how often do you test and service it?
5. How can you protect your pets, if you have them, during this heat wave?
6. Do you have elderly friends, family members, or neighbors who would be impacted by this heat wave? What can you do to help them remain safe?
7. Where can you obtain additional information on current weather conditions?
8. Does anyone in your family have any special needs (such as medical, emotional or physical needs, or limited English proficiency) that might present challenges if you had to stay at a shelter? If so, have you prepared a special plan for them?

#### Time to see how you did!

To learn more about this scenario and to check your plan, go to <https://community.fema.gov/take-action/hazards>  
Discuss with your loved ones what steps you think you should take in order to improve your safety in the event such a tragedy occurs.

#### Helpful Links

To learn more about extreme heat preparedness, please visit <https://www.ready.gov/heat>  
But first, please don’t forget to register that you participated in the activity on America’s PrepareAthon website:  
[http://www.community.fema.gov/AP\\_Register](http://www.community.fema.gov/AP_Register)