



Floyd County Emergency Management

Extreme Heat

- A heat wave is a prolonged period of excessive heat, often combined with high humidity. These conditions can be dangerous and even life-threatening without proper precautions. Heatstroke can occur in temperatures as low as 57 degrees F.
- Prepare your home:
 - Check your home's cooling system and consider scheduling routine maintenance for your system.
 - Ensure your home is well insulated and that you have weather stripping around your doors and windows.
 - Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers.
 - Build an [emergency supply kit](#) and make an [emergency communication plan](#).
- During extreme heat:
 - Stay indoors, in air-conditioning, as much as possible and limit exposure to the sun.
 - Avoid strenuous work during the warmest part of the day, take frequent breaks.
 - Dress in lightweight, loose-fitting, light-colored clothing.
 - Drink plenty of water and fluids: Sport drinks can help replace the salt and minerals you lose in sweat.
 - Eat well-balanced, light and regular meals.
 - Check on family, friends and neighbors who do not have air condition.
- Automobile safety: NEVER leave children or pets alone in a parked vehicle, even with the windows down or AC on.
- Prepare yourself and your family by reviewing the full [Extreme Heat Safety Guide](#).