

## Household Checklist for Extreme-Heat Readiness

To take care of yourself and family members, including pets:

- Secure basic emergency supplies in your own home
- Provide for individuals in your home whose health puts them at greater risk
- Talk with neighbors to identify resources and assets on your block and in the greater neighborhood.

PREPARING YOUR HOME FOR HEAT EMERGENCIES	
Basic supplies	More resources
<p><b>WATER</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Minimum need: 1 gallon/day/per person</li> <li><input type="checkbox"/> Purifying kit to filter water from your hot water heater and/or rainwater cistern</li> </ul>	<ul style="list-style-type: none"> <li>○ Flashlights/batteries</li> <li>○ Lanterns/light sticks</li> <li>○ Candles &amp; matches</li> <li>○ Off-grid solar capacity</li> <li>○ Wild idea: solar charger for your refrigerator!</li> <li>○ First Aid kit</li> <li>○ List of prescriptions; always enough on hand to last 2 weeks</li> <li>○ Household members or neighbors with medical skills or emergency training</li> <li>○ Vital documents in one, easy-access location</li> <li>○ Entertainment: books, playing cards, games</li> </ul>
<p><b>COOLING</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Battery-powered air-conditioner &amp; fans</li> <li><input type="checkbox"/> Heat-blocking window coverings</li> </ul>	
<p><b>COMMUNICATION</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make sure that everyone has more than one way to reach one another (walkie-talkies, landlines)</li> <li><input type="checkbox"/> Solar-powered battery-chargers</li> <li><input type="checkbox"/> Land line (and solar charger for cell phone)</li> <li><input type="checkbox"/> Radio (hand-cranking, battery- or solar-powered)</li> </ul>	
<p><b>FOOD</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Non-perishable food (supplies for 1-3 weeks)</li> <li><input type="checkbox"/> Pet food and water</li> <li><input type="checkbox"/> Hand-operated can opener</li> <li><input type="checkbox"/> Solar oven / gas grill / camping stove &amp; fuel</li> </ul>	
BUILDING A RESILIENT NEIGHBORHOOD – GOOD FOR ALL OCCASIONS	
<p>Meeting the challenge of extreme heat goes beyond taking care of our own households, from building on neighborhood traditions to introducing new ones:</p> <ul style="list-style-type: none"> <li>• Greeting neighbors with a smile and a friendly “Hello”</li> <li>• Taking time for conversations in which we discover common roots and interests</li> <li>• Extending a warm welcome to new neighbors</li> <li>• Exchanging emergency contact information with those who live on the same block</li> <li>• Creating a plan to keep neighbors informed and organized</li> <li>• Identifying locations for cooling and socializing</li> </ul> <p style="text-align: center;"><i>Actions such as these make for a more connected neighborhood and naturally increase our resilience</i></p>	

<b>EXTREME HEAT CHALLENGES AND RESOURCES</b>	
<b>SPECIAL NEEDS</b>	
Individuals in your home or nearby might need extra help in an emergency due to disabilities or isolation. If you know such a person, you may want to advise your block Liaison.	
<b>Individuals with health risks</b>	<b>May need additional assistance</b>
<input type="checkbox"/> Children under 4 years of age <input type="checkbox"/> Seniors who are frail <input type="checkbox"/> High blood pressure <input type="checkbox"/> Heart disease and/or high cholesterol <input type="checkbox"/> Dependence on drugs or alcohol <input type="checkbox"/> Diabetes requiring insulin <input type="checkbox"/> Illness requiring special equipment	<input type="checkbox"/> Limited mobility (e.g., wheelchair-bound) <input type="checkbox"/> Impaired vision, hearing, or speech <input type="checkbox"/> Respiratory difficulties <input type="checkbox"/> Can't take care of self <input type="checkbox"/> Mental health problems <input type="checkbox"/> Missing or disabled limbs <input type="checkbox"/> "Shut-in"
<b>RESOURCES AND ASSETS ON YOUR BLOCK</b>	
<p><b>In a major crisis, neighbors are almost always the first responders.</b> Whether you live in a house or apartment complex, the following will make all the difference in a crisis:</p> <ul style="list-style-type: none"> <li>• Knowing your neighbors' names and emergency contact information</li> <li>• Being aware of each other's relevant skills and abilities</li> <li>• Meeting to learn what resources for an extreme heat event might be available:             <ul style="list-style-type: none"> <li>○ WATER: Rainwater tanks, Pools</li> <li>○ COOLING: Basements, Off-grid solar-powered generators for A/C or refrigeration</li> <li>○ COMMUNICATION: Solar-powered battery chargers, Sites for posting notices</li> <li>○ FOOD SECURITY: Outdoor cooking equipment, Solar oven, Solar-cooled refrigerator</li> </ul> </li> </ul>	
<b>NEIGHBORHOOD ACTION AND RESILIENCE</b>	
<p>Keeping in touch with neighbors reduces stress for everybody, especially the elderly, families with infants and toddlers, people who live alone, and people with disabilities. You can:</p> <ul style="list-style-type: none"> <li>• Create a plan to keep neighbors informed and updated</li> <li>• Engage young people in organizing intergenerational activities</li> <li>• Coordinate assistance for those who are physically vulnerable or need emotional support</li> </ul>	
Checklist adapted from the Arizona Physicians for Social Responsibility <i>Workshop Guide</i> .	

More information:

- **FEMA** guide on Food & Water in an Emergency: [www.fema.gov/pdf/library/f&web.pdf](http://www.fema.gov/pdf/library/f&web.pdf)
- **Citizens' Guide** by Physicians for Social Responsibility, Arizona Chapter: <https://arizona.psr.org/2020/10/16/building-resilient-neighborhoods-citizens-guide/>
- **Ready** – a national public service campaign designed to promote preparedness through public involvement: [www.ready.gov/heat](http://www.ready.gov/heat)
- **Red Cross on heat wave safety**: <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/heat-wave-safety#About>

**Building a more Resilient Neighborhood:**

Gladys Richardson [gladys.richardson@gmail.com](mailto:gladys.richardson@gmail.com)  
 Stuart Moody [stuartfieldmoody@hotmail.com](mailto:stuartfieldmoody@hotmail.com)  
 Wendi Gardner [wendilgardner@msn.com](mailto:wendilgardner@msn.com)