



## Natural Disasters and Severe Weather

# Heat and the Low Income




Prepare ahead of time for extreme heat this summer, especially if air conditioning is not available in your home.

### Stay cool, stay hydrated

- If available, use air conditioning to keep your home cool.
- Drink more water than usual, and don't wait until you're thirsty to drink.
- Use a buddy system- check on a friend or neighbor, and have someone do the same for you.
- Follow [additional tips](#) on how to prevent heat-related illness.

### If air conditioning is not available in your home:

- Contact [Low Income Home Energy Assistance Program \(LIHEAP\)](#)  for help.
- Contact your local health department or locate an air-conditioned shelter in your area.
- Spend some time at a shopping mall or public library- even a few hours spent in air conditioning can help.
- Take cool showers or baths.
- Don't rely solely on fans to keep you cool. While electric fans might provide some comfort, when temperatures are really hot, they won't prevent heat-related illness.
- Use your stove and oven less to maintain a cooler temperature in your home.

### Learn how to spot heat-related illness

- Seek medical care immediately if you have, or someone you know has, [symptoms of heat-related illness](#) like muscle cramps, headaches, nausea or vomiting.

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