

## Chapter 1 : Warning Signs and Symptoms of Heat-Related Illness

*"Drawing upon research from the UK medical relief agency Merlin, Extreme Emergencies is a practical survival manual for chemical, biological, radiological, nuclear, or explosive disasters, intended especially for humanitarian organizations serving middle and low-income nations, who are most likely to face such deadly man-made threats.*

Prepare your home for possible emergencies. Install air conditioners snugly, insulating if necessary. Cover windows that receive morning or afternoon sun. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent. What to do During Extreme Heat Never leave children or pets alone in a closed vehicle. Slow down and avoid strenuous activity. Wear lightweight, loose-fitting, light-colored clothing. Light colors reflect heat and sunlight, and help maintain normal body temperature. Drink plenty of water – even if you are not thirsty. Avoid alcoholic beverages and liquids high in sugar or caffeine. If your doctor generally limits the amount of fluid you drink, ask how much you should drink during hot weather. Eat well-balanced, light, regular meals. Stay indoors as much as possible and limit exposure to the sun. Do not leave pets outside for extended periods of time. If you must be outdoors, limit your outdoor activity to the morning and evening hours. Try to rest often in shady areas so your body temperature will have a chance to recover. Use sunscreen with a high SPF and wear a wide-brimmed hat. If you do not have air conditioning, stay on your lowest floor, out of the sun. Use fans to stay cool and avoid using your stove and oven. Consider spending time in air-conditioned public spaces, such as schools, libraries, theaters, and other community facilities. Check with your local authorities or Call to find locations of cooling centers or shelters near you. If there are power outages during warm weather , you may need to take additional precautions or go to a cooling center or emergency shelter to stay cool. Know the symptoms of and watch out for heat-related illnesses. Call to report emergencies. Be a good neighbor. Check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions, those who may need additional assistance, and those who may not have air conditioning. Types of Heat-related Illnesses During extreme heat, people are susceptible to three heat-related illnesses. Learn how to recognize and respond to them: Heat cramps are muscular pains and spasms caused by heavy sweating. Muscular pains and spasms that usually occur in the legs or abdomen Treatment: Get the person to rest in a comfortable position in a cooler place. Give the person water or fluids with electrolytes help them rehydrate. Heat exhaustion typically occurs when people overexert themselves in a warm, humid place, and often affects those doing strenuous work in hot weather. Body fluids are lost through heavy sweating and blood flow to the skin increases, causing blood flow to vital organs to decrease. This results in a form of mild shock. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give them half a glass of cool water or fluids with electrolytes every 15 minutes, making sure the person drinks slowly. Heat stroke is the most serious heat emergency and is life-threatening. Heat stroke develops when systems in the body begin to stop functioning due to extreme heat. Heat stroke may cause brain damage or death if the body is not cooled quickly. A person suffering from heat stroke needs immediate assistance. Call and move the person to a cooler place. Immerse the individual in a cool bath, wrap in cold wet sheets, or cover the person in bags of ice. Related to Extreme Heat Safety Tips.

## Chapter 2 : About Extreme Heat

*How to Start Couponing for Beginners: Guide 35 Extreme Couponing Tips. All in all I think if it helps people get in the habit of stockpiling, whether to save money, prepare for emergencies, donate to charity of all of the above, if kept within reason, then I see nothing wrong with it.*

**Extreme Heat** What is Extreme Heat? Temperatures that hover 10 degrees or more above the average high temperature for the region and last for several weeks are defined as extreme heat. **Extreme Heat Facts** Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature. Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat. Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the "urban heat island effect. **Know the Terms** **Heat Wave** - Prolonged period of excessive heat often combined with excessive humidity. **Heat Index** - A number in degrees Fahrenheit that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees. **Heat Cramps** - Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat. **Heat Exhaustion** - Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. Body temperature will keep rising and the victim may suffer heat stroke. **Heat Stroke** - A life-threatening condition. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Another term for heat stroke is sun stroke. **Actions to Consider** Install window air conditioners snugly; insulate if necessary. Check air-conditioning ducts for proper insulation. Install temporary window reflectors for use between windows and drapes, such as aluminum foil-covered cardboard, to reflect heat back outside. Weather-strip doors and sills to keep cool air in. Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent. Keep storm windows up all year. Stay on the lowest floor out of the sunshine if air conditioning is not available. Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation. Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician. Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake. Limit intake of alcoholic beverages. Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Protect face and head by wearing a wide brimmed hat. Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone. Never leave children or pets alone in closed vehicles. Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks. Monitor local radio and television stations for the latest information. Help a neighbor who may require special assistance such as large families, children, elderly and individuals with special needs. Because men sweat more than women, men are more susceptible to heat illness because they become more quickly dehydrated. **Video** Click on the picture to view Printouts.

### Chapter 3 : Extreme Heat Safety Tips | racedaydvl.com

*Extreme Emergencies will be an essential tool in helping agencies plan and prepare for the worst case. Led by staff from the UK medical emergency agency Merlin, the book draws together key international expertise and experience.*

What you can do during extreme cold weather Continue to check the media for emergency information. Follow instructions from public safety officials. Reduce outdoor activities for the whole family, including pets. Dress in several layers of loose-fitting, lightweight clothing instead of a single heavy layer. Outer garments should be tightly woven and water repellent. Wear a hat, mittens not gloves , and sturdy waterproof boots to protect your arms, legs, hands and feet. Cover your mouth with a scarf to protect your lungs. Follow recommended safety precautions when using space heaters, a fireplace, or a woodstove to heat your home. Keep a fire extinguisher handy. Make sure emergency generators or secondary heating systems are well ventilated. If you lose heating, move into a single room. At night, cover windows and external doors with extra blankets or sheets. Wrap pipes in insulation or layers of newspapers covered in plastic to prevent them from freezing. Let a trickle of warm water run from a faucet to keep water moving through your pipes. If your pipes freeze, open all faucets all the way, remove any insulation, and heat the frozen pipe with a hair dryer or wrap with towels soaked in hot water. Never use an open flame to thaw pipes. Check with your local authorities or Call to find warming centers or shelters near you. In the event of a power outage, you may need to take extra precautions or go to an emergency shelter to stay warm. Know the symptoms of and watch out for cold-related illnesses. Call to report emergencies. Be a good neighbor. Check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions, and those who may need extra help. What to look for in cold-related illnesses Extreme cold can cause cold-related illness, including: Frostbite is the freezing of the skin and body tissue. Symptoms “ Loss of feeling and white or pale appearance in extremities, such as fingers, toes, earlobes, face, and the tip of the nose. Treatment “ Get the victim into a warm location. Cover exposed skin, but do not rub the affected area. Seek medical attention immediately. Hypothermia is abnormally low body temperature and is life-threatening. Symptoms “ Shivering, exhaustion, confusion, memory loss, and slurred speech. Get the victim to a warm location. Warm the center of the body first by wrapping the person in blankets or putting on dry clothing. Give them warm, non-alcoholic beverages if the person is conscious. Related to Extreme Cold Safety Tips.

## Chapter 4 : Emergencies Extreme Weather Heat

*Surveillance in Post Extreme Emergencies and Disasters (SPEED) In the last quarter of , tropical storms Ketsana, Parma and Santi poured the heaviest rainfall on Metro Manila in more than 40 years.*

That perception can create gaps in various emergency situations, however. Hurricane Harvey The sheer physicality of a disaster like Hurricane Harvey is one that put even hardened preppers and survivalists to the test. The historic rainfall and scale quickly overwhelmed the ability for the government to be relied upon as a source of rescue or refuge. Moreover, the duration of the impact offers a glimpse into what might be required for even longer-term disaster scenarios – environmental, war-related, terrorism, or even viral outbreak. This was not always the case during Hurricane Harvey. People who had boats were able to help themselves and others, while staying a step removed from the hazards that could lie beneath. Rescue boats fill a flooded street at flood victims are evacuated as floodwaters from Tropical Storm Harvey rise Monday, Aug. Products that can effectively provide chemical decontamination need to be quick, ready to use and available in home, go-bags and vehicles. The aftermath of a storm like Harvey can be even more challenging than surviving the initial onslaught. Reports of injuries, infections, mosquitoes and mold infestation gripped those who were left amid the remains and had to begin rebuilding in deplorable conditions. There were certainly many reports of communities spontaneously coming together to gather provisions and provide some order amid the chaos. Such community organization can ironically be a key component of true self-sufficiency. There were too many horrific reports of stranded or abandoned animals that could have been saved with better preparation. Lastly, a disaster of this scale can even disrupt communications. Ongoing Economic Collapse of Venezuela Most people have not lived through a true economic collapse of any duration. A stock market drop of 1, points does not constitute a true emergency despite how ugly it might look on paper for your portfolio. If you want a real look at how bad it can get – quickly – I would point you to an ongoing series written by a man named Jose Martinez who is documenting his experiences during the widespread social and economic collapse in Venezuela. Image credit Jose describes himself as a well-educated, middle-class, and a fairly recent adherent to the prepping mindset. His prepping began in earnest with news that his first child was on the way. It was at this point that he began to consider the various life emergencies that could erupt. What if the car breaks down? What if the electricity temporarily fails? Such considerations led him to have a decent stockpile of food and basic first aid supplies, as well as a generator. These were the concerns of someone who identified a need to be self-sufficient and was taking action to become prepared for any basic inconveniences that might affect his ability to provide for his family. Download Your First Issue Free! He focused on newly defined necessities: No doctors, no medicine, and a rising mortality rate. Jose describes how he was forced to quit his job and empty his savings account as he geared up for things to get even worse. I would like to emphasize how fast things went down the toilet these last few years. It goes a lot faster than you can imagine. Post has seen food rationing, riots and looting, outrageous inflation, a collapse of public transportation, almost non-existent healthcare, a world-leading murder rate and an existential threat to nearly anyone who lives in Venezuela. Among his 10 Home Security Tips , he includes: Steel-reinforced windows and grilles Steel shutters and backup barricades An unassuming door, ornamental, but steel reinforced with 3 locks A microperforated steel foldable door for the garage and to enclose the front yard. A concrete safe room stocked with provisions and weapons – and preferably an escape route underground. It begins first with being prepared, then adapting to a shocking new reality – going through the stages of anxiety, anger and anguish that Jose describes so vividly. Please also read the work of Selco who describes his year in Bosnia under a total blockade: We would love to hear your experiences if you have encountered these or similar events in your own life. What caught you off guard? Had you known the extent of the problems you were going to face, what would you have done or bought to better fortify against what you faced? Kevin Samson writes for Activist Post. Support us at Patreon. Subscribe to our premium newsletter Counter Markets.

## Chapter 5 : What's the difference between SEVERE and EXTREME | Motorola Droid RAZR

## DOWNLOAD PDF EXTREME EMERGENCIES

*Disasters/Emergencies. hover 10 degrees or more above the average high temperature for the region and last for several weeks are defined as extreme heat.*

### Chapter 6 : Disasters/Emergencies

*Response to Extreme Emergencies Herman B. Leonard and Arnold M. Howitt September 2 PRE-PUBLICATION DRAFT across the state, accompanied by strong winds that continued to grow as the day progressed, reaching.*

### Chapter 7 : Air Force Be Ready > Disasters/Emergencies > Natural Disasters > Extreme Heat

*SPECIAL REPORT: FIRE DEPARTMENT PREPAREDNESS FOR EXTREME WEATHER EMERGENCIES AND NATURAL DISASTERS Department of Homeland Security United States Fire Administration.*

### Chapter 8 : When Prepping Becomes Survival - Overlooked Skills And Equipment For Extreme Emergencies

*So I've tried looking for this everywhere online and even called Verizon and asked them and no one seems to be able to tell me what the difference is betw.*

### Chapter 9 : WPRO | Surveillance in Post Extreme Emergencies and Disasters (SPEED)

*Information on extreme heat. Provided by the Centers for Disease Control and Prevention (CDC).*