

Extreme Heat Partner Toolkit

Background

This year, the nation is celebrating its 250th anniversary and hosting the largest and most complex sporting event in U.S. history - FIFA World Cup 2026™. While these are opportunities to spend time outdoors, the National Weather Service predicts that widespread areas of the Midwest to the East Coast will be under Major to Extreme Heat Risks. These high temperatures will bring dangerous conditions to millions during the Independence Day weekend.

Purpose

This toolkit provides messaging, graphics and resources to help your community protect lives, learn the risks of and how to prevent illness caused by extreme heat.

Because not all people experience heat in the same way, it's important to make sure everyone has the information they need to protect themselves.

We encourage you to share this messaging on your social media, traditional media, newsletters and beyond.

Ways to Beat the Heat

By sharing extreme heat preparedness messages, you can provide information to your communities and encourage people to take these steps protect themselves, their families and pets:

- **Monitor the weather.** Make sure you check the weather before heading out. You can find forecasts on the [National Weather Service](#) page, follow guidance from local officials and news outlets, and [download the free FEMA app](#) for weather alerts and warnings.
- **Learn to [recognize the signs of heat illnesses and ways to respond](#).** While heat cramps and heat exhaustion are serious, heat stroke is a medical emergency and requires immediate attention.
- **[Make an extreme heat plan for your household](#),** including your pets, so that you and your family know what to do, where to go, and what you will need to protect yourselves from extreme heat. This includes identifying places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find cooling options in your area.
- **Protect yourself during extreme heat.** There are quick and low-cost ways to protect everyone in your household including avoiding high-energy activity and taking cool showers or baths. You can find tips for your specific needs at [Ready.gov/Summer-Ready](#).

Toolkit Sections

[Ready.gov](#) | [Social Media Toolkits](#) | [FEMA Blogs](#) | [Sample Text](#) | [Additional Resources](#)

Ready.gov

FEMA's [Ready Campaign extreme heat page](#) has tips and resources people can use to learn how to recognize and prevent heat-related hazards. FEMA's [Ready Campaign #SummerReady page](#) has tips for staying safe from extreme heat and while enjoying outdoor activities. Ready.gov also has information about [emergency alerts](#), [evacuation tips](#), and a free, downloadable [family emergency plan](#).

Social Media Toolkits and Graphics

Ready.gov features an [extreme heat safety social media toolkit](#) with suggested safety and preparedness messages and graphics you can share on your social media channels. You can either copy these messages directly or customize them to reach your audience. You can also find [extreme heat graphics](#) to share on your social media, news releases and more

FEMA Blog

[Be #SummerReady: Your Guide to Staying Safe and Cool During Extreme Heat](#)

Sample Text for Social Media and Beyond

Heat Safety & Risk

- Stay up to date on the latest forecast! Follow the National Weather Service for heat advisories & excessive heat warnings so you can beat the heat this summer.
- Do you know the difference between an extreme heat watch and extreme heat warning? Visit the [National Weather Service to understand heat alerts page](#) to learn more and find ways to stay safe.
- Stay safe from the heat by drinking a lot of water, staying indoors, & calling 911 if you see someone suffering from a heat emergency: www.ready.gov/heat #BeatTheHeat
- When a child's temp reaches 107 degrees-they die. Call 911 & act fast if you see a child in danger.
- Heat Wave: Prolonged period of excessive heat, often with excessive humidity: <https://www.weather.gov/safety/heat>. #BeatTheHeat
- Listen to local weather forecasts to prepare for extreme heat. #BeatTheHeat
- Extreme heat makes the body work extra hard to maintain a normal temperature. Know the facts & prepare: www.ready.gov/heat. #HeatSafety

Stay Indoors

- #BeatTheHeat by staying indoors and in the shade. More tips for the entire family on <https://www.ready.gov/kids/disaster-facts/extreme-heat> #BeatTheHeat this summer!
- Fans alone aren't enough in high heat + high humidity. Go somewhere with A/C. like a public library, museum or shopping mall to beat the heat.
- Enter your zip code at www.211.org to find cooling centers near you!
- Contact your local Office of Emergency Management to find a place near you to cool off.

Reduce Heat Impact

- Recognize when someone is suffering from dehydration or heat stroke & act quickly! Learn the signs: <https://www.cdc.gov/disasters/extremeheat/index.html>.
- In extreme heat, dress in loose-fitting, lightweight, and light-colored clothes. Avoid dark colors because they absorb the sun's rays. #BeatTheHeat
- Check on your pets frequently to make sure they are safe during extreme heat. #BeatTheHeat
- Keep strenuous activity to a minimum during the hottest parts of the day (11am-2pm) and use a buddy system!
- During extreme heat drink plenty of water, even if you don't feel thirsty.
- Get Heat Safety information and tips in American Sign Language <https://youtu.be/ODZFOJowvb8>.
- Too hot to play outside? www.ready.gov/kids offers plenty of games and activities that will help children learn and prepare for emergencies as they play! #SummerSafety

Car Safety

- NEVER leave children or pets alone in hot vehicles! Heat can rise in a car and quickly reach dangerous temperatures! #BeatTheHeat
- Even with the windows rolled down, only minutes in a hot car can be deadly for your pet! NEVER leave your pets in the car! [#PetPreparedness](#) [#HeatSafety](#)
- If you see a kid or animal in a hot car- act fast! You could save a life! [#HeatstrokeKills](#) [#HeatSafety](#)
- Heat related deaths ARE preventable! Look before you lock! <http://www.weather.gov/heat>

Sample Text for E-mails, Handouts, Articles, Flyers and More

Stay Safe During Extreme Heat

OPTION 1: AREAS THAT EXPERIENCE EXTREME HEAT EVERY YEAR

There's hot, then there's extreme heat. While you may be accustomed to spending time outdoors in the summer, it's important to remember that not everyone can handle the heat. If you're spending time outside, try to seek shade and drink plenty of cool water. It's especially important to make sure older adults, children and people with certain illnesses and chronic conditions have a plan to get somewhere cool.

OPTION 2: AREAS THAT DO NOT USUALLY EXPERIENCE EXTREME HEAT

Did you know that where you live matters when it comes to extreme heat. If you live somewhere that doesn't usually have multiple days in a row of 90° Fahrenheit degrees or higher, just a few days of high heat and humidity would be considered extreme heat. Extreme heat makes your body work extra hard to maintain a normal temperature, which can make you very sick. Make sure older adults, children and people with certain illnesses and chronic conditions have a plan to get somewhere cool. During extreme heat, check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.

Make a Plan

OPTION 1

Make a plan for your household, including your pets, so that you and your family know what to do, where to go, and what you will need to protect yourselves from extreme heat. When planning consider doing the following:

- Sign up for your community's warning system. Local officials may provide the location of cooling centers and other ways to stay safe. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Learn to [recognize the signs of heat illness](#) and how to respond.
- Use a buddy system to check on those without air conditioning or who spend most of their time alone.

OPTION 2

Being prepared to deal with extreme heat doesn't need to be expensive. Follow these simple steps to be better prepared to handle the heat.

- **Identify** places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find cooling options in your area. Call 2-1-1 for information on places that may be open.
- **Create** your [family emergency communications plan](#). Ready.gov has a free template to conveniently record important contact and medical information about your family, which you then can share with others.

- Visit Ready.gov's [Summer Ready page](#) for more tips low-cost on how to get prepared!

Additional Partner Resources

The Centers for Disease Control and Prevention [Extreme Heat](#) resources

National Integrated Heat Health Information System's [Heat.gov](#)

National Park Service's [Outdoor Health and Safety page](#)

National Weather Service's [Heat Safety Tips and Resources](#)