Preparing for Hotter Days

Summer is on it's way! It is time to get ready for the hot weather. In light of last year's emergencies, below are ways to prepare for hot weather emergencies before they hit.

A). Know how to get help—*If there is a medical emergency, always call 911.* Stay out of the sun, drink plenty of fluids, eat regularly, and use your fans safely. For a list of cooling sites, call the St. Louis Area Agency on Aging at 612-5918 or the United Way at 421-4636. To be added to a "Special Needs Registry", call 612-5918. ***Although this registry does not guarantee assistance during an emergency***, it will let the outreach workers know who might need assistance.

B). Review emergency plans for yourself, your relatives, and your pets— Know your building's emergency and evacuation plans; if you live alone, make an evacuation plan; consider alternative exits should one be blocked; have an emergency kit ready; identify people who can help you during an emergency; encourage your relatives to make a plan and tell them about theirs (plan a meeting place should something happen and have their phone numbers on hand); have food and water ready for your pets; make an agreement with a neighbor should you need a place for your pet to stay; and have your pets' documents ready.

C). Keep your Emergency Kit updated—The kit should include: a gallon of water per person per day; canned or dried food; battery-powered radio; flashlight; extra batteries for radio and flashlight; first-aid kit; prescription medicine; clean clothes and sturdy shoes; a baggie with your important papers (state id, social security card, birth certificate); extra cash; sturdy trash bags and duck tape.

D). Know when to throw out your food: In case of a power outage, keep canned goods and shelf food on hand. Buy a cooler. Food in the refrigerator will stay safe for <u>only</u> a few hours so <u>all</u> of your food will need to be thrown out. Bacteria that causes food poisoning does not make food look any different; if your food has been warm (above 40 degrees) for more than 2 hours, throw it out.

AIR CONDITIONER PROGRAMS

OPERATION WEATHER SURVIVAL 612-5918 or 535-7607

If you have a disease or medical condition that a doctor has stated is worse in the heat, please call the St. Louis Area Agency on Aging at 612-5918 or the Human Development Corporation (HDC) at 535-7607 for an air conditioner. Limited availability. Utility assistance funds are also available at HDC from AmerenUE's Dollar More program. For more information, call 535-7607.

ENERGY CARE, (314) 773-5900

Energy Care has air conditioners for people age 60 and older and for persons with disabilities. There is limited availability.

HOME SERVICES, (314) 531-9779

Home Services repairs central air conditioning units for persons age 60 and over who live in the City and own their own home.

SAFE FAN USE

- **Use** your fan in or next to an open window--box fans are best—to bring in cooler air from outside at night and suck out the hot air during the day
- **Use** a ceiling fan—the air must blow down in the Summer
- **Use** your fan by plugging it directly into the wall outlet and not near water
- **Don't use** a fan in a closed room without windows open to the outside.
- **Don't use** a fan to blow directly on you when the temperature is 95 degrees or above. This can increase your temperature and cause heat stroke.

SAFE AIR CONDITIONER USE

- Maintain your air conditioner; have a faulty unit checked out by a professional
- Clean leaves and debris from outdoor units and clean indoor filters
- Change filters monthly during periods of high usage (You should be able to see light clearly through the filter. If not, change it!).

Questions? Call 612-5918