

Action Plan – Keeping Cool

This worksheet is designed to help readers develop an action plan to keep cool using information provided in Chapter 17 (Keeping Cool-I’m Melting!) of [The Provident Prepper: A Common-Sense Guide to Preparing for Emergencies](#).

Cities such as Phoenix, Arizona rely heavily on air conditioning to keep the population cool and comfortable. A wide spread power outage on an average summer day could be devastating. Even more dangerous, are record temperatures in normally temperate climates where people are not used severe heat. They do not have the knowledge, skills, and tools to stay cool. According to the Centers for Disease Control more people in the United States died from extreme heat during the period from 1979-2003 than died from hurricanes, lightning, tornadoes, floods, and earthquakes combined.

Develop your action plan to stay cool and prevent heat induced illnesses. Surviving heat is not always an emergency, for many of us it is an annual event.

| Heat Wave Cooling Action Plan | | |
|--|-------------|-----------|
| Category | Action Item | Completed |
| Protective clothing | | |
| Wide brimmed hats | | |
| Cooling accessories | | |
| Summer clothing | | |
| Sunglasses | | |
| | | |
| | | |
| | | |
| Window coverings | | |
| Thermal blinds, shades, curtains | | |
| Aluminum foil or reflective film | | |
| Blankets or sheets | | |
| | | |
| | | |
| | | |
| Increase home energy efficiency | | |
| Complete a home energy audit | | |
| Increase insulation | | |
| | | |
| | | |
| | | |
| | | |
| | | |

| | | |
|---|--|--|
| Landscape | | |
| Plant to shade the west side | | |
| Plant to cool air around house | | |
| | | |
| | | |
| | | |
| Food Storage & Supplies | | |
| Water | | |
| Non-caffeinated beverages | | |
| No cook/prep foods | | |
| Sunscreen | | |
| Chapstick with sunscreen | | |
| | | |
| | | |
| Fans | | |
| Battery powered personal size | | |
| Box fans for windows | | |
| Whole house fan | | |
| | | |
| | | |
| Alternative energy system | | |
| To power small fans | | |
| | | |
| | | |
| | | |
| Medical | | |
| Learn how to treat heat-related illnesses | | |
| Aloe (treat sunburns) | | |
| Topical steroids | | |
| | | |
| | | |
| | | |