



## Extreme Heat

1. When extreme heat is forecast, what preparations can you make?
2. What can you do to keep your residence cool?
3. What are the most common heat related illnesses?



## Wildfires

1. How can you monitor the status of a wildfire approaching our area?
2. Why should you check the Air Quality Index (AQI) during smokey conditions or wildfires?
3. What can you do to prepare for vacating your residence if it becomes necessary?
4. What is the best way to communicate with family and friends during emergencies?



## Extreme Heat

1. Make sure you have plenty of liquids, medicine and needed supplies. Consider having a portable fan. Make sure your air conditioner is as effective as you need and, if it is not, call Maintenance (Monday – Friday, Ext 6678, during business hours). After business hours, call Safety and Security (503-730-5337).

2. Close windows and use window coverings to maximize indoor cooling. Using your stove, dishwasher or clothes dryer will increase heat.

3. Heat related illnesses include:

*Heat Cramps:* Muscle pains/spasms in stomach, arms, or legs.

*Heat Exhaustion:* Heavy sweating, dizziness, nausea, and fainting.

*Heat Stroke:* Body temperature above 103 degrees, dizziness, confusion, unconsciousness. **This is a medical emergency** – call 911 immediately and then call Campus Safety.

## Wildfires

1. Stay informed via TV, radio, telephone, and Willamette View communications.

2. When the Air Quality Index (AQI) is high, the health of residents with breathing issues may be compromised. Consider adding an app that measures the AQI to your devices.

3. Follow directions of professionals and Willamette View personnel. Gather your *Get-Out-of-Town* Bag, N-95 masks, medications, and other last-minute items. Make sure cars have necessary emergency supplies. Have a printed map for alternate evacuation routes.

4. Send messages by text, if possible, given that land lines may become overloaded.