



POWER OUTAGES AND EXTREME HEAT

Why It Matters:

Power outages during extreme heat can quickly become dangerous. Prolonged outages during summer temperatures can increase the risk of heat-related illness, food spoilage, and disruptions to essential services. Preparing ahead can help keep you, your family, and your pets safe during an outage.

Know the Risks:

Who Is Most at Risk?

- Older adults
- Infants and young children
- People with chronic health conditions
- Individuals using powered medical equipment
- Outdoor workers
- People living alone

Heat-Related Illnesses - Watch for:

- Dizziness
- Nausea
- Excessive sweating, or no sweating
- Headache
- Confusion
- High body temperature
- Rapid pulse

Community Impacts:

- Communication disruptions due to cellular and internet outages
- Traffic signal outages
- Transportation challenges
- Increased demand on emergency services
- Delayed assistance and recovery efforts

Household Risks:

- No cooling or refrigeration
- Spoiled food
- Power-dependent medical devices may stop working
- Temperature-sensitive medications may be affected
- Reduced lighting and home security

Before an Outage:

Stay Informed:

- Sign up for alerts
- Monitor weather conditions
- Track utility updates
- Know when heat advisories are issued

Make a Plan:

- Identify cooling centers
- Create an emergency contact list
- Discuss transportation options if you need to leave home
- Plan for pets and family members
- Prepare an emergency supply kit, including safe drinking water (see below)
- Charge phones and backup batteries
- Plan for medical devices that use electricity

⚠ Call 911 for signs of heat stroke, including confusion, unconsciousness, or a body temperature above 103°F.

⚠ Keep fuel-powered equipment outdoors and away from buildings to prevent carbon monoxide poisoning

Need a Cooling Center?



1. Visit **211Texas.org** or call **2-1-1**
2. Search/Mention "**Extreme Heat Cooling Centers**"
3. Enter your ZIP code
4. Check hours before you go

2-1-1 is a free, confidential service available 24 hours a day, 7 days a week.

Find Local Emergency Resources

Contact your local Office of Emergency Management or city emergency manager for information on cooling centers, emergency shelters and other resources available during a power outage.



Build Basic Supplies - Your Go-To List:

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| <ul style="list-style-type: none">• Important documents and copies• Drinking water• Non-perishable food• Flashlights• Extra batteries• Fully charged power banks• Phone chargers• Essential medications• First aid supplies• Pet food and supplies• Cash in small bills• Battery-powered or hand-crank radio | <ul style="list-style-type: none">• Your emergency contacts• National Weather Service heat advisories and warnings• Local emergency management offices• Utility outage maps and alerts• Cooling center locations• 911 for life-threatening emergencies• 211 for cooling centers and other resources |
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Tip: Maintain a reasonable emergency supply year-round rather than waiting until an emergency is announced.

During an Outage:

- **Stay Cool:** Move to the coolest area of your home, use shade and natural ventilation when possible, and visit a cooling center if your home becomes too hot. Wear lightweight, loose-fitting clothing and take cool showers or use wet cloths to lower body temperature.
- **Stay Hydrated:** Drink water regularly, even if you do not feel thirsty. Limit alcohol and caffeine, which can cause dehydration, and increase fluid intake when outside.
- **Limit Heat Exposure:** Avoid strenuous outdoor activities during peak heat. Check on neighbors, friends, and family members, especially older adults and those with health conditions. Never leave children, older adults, or pets in a parked vehicle, even for a short time.
- **Protect Food and Medications:** Keep refrigerator and freezer doors closed as much as possible to preserve food safety. Follow storage instructions for temperature-sensitive medications, and consult your pharmacist ahead of time if you have concerns about medication safety during extended outages.

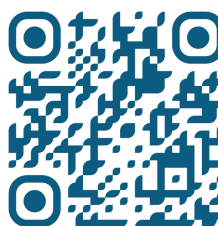
Acknowledgements:

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