

HOW WILL EXTREME HEAT AFFECT OAKLAND?



EXTREME HEAT

The effects of climate change will increase temperatures in Oakland. Extreme heat can cause heat exhaustion, trigger asthma attacks, and lead to other heat-related illnesses.

READ MORE ABOUT HOW YOU CAN PREPARE YOURSELF AND YOUR HOME AGAINST EXTREME HEAT AND HEALTH RISKS



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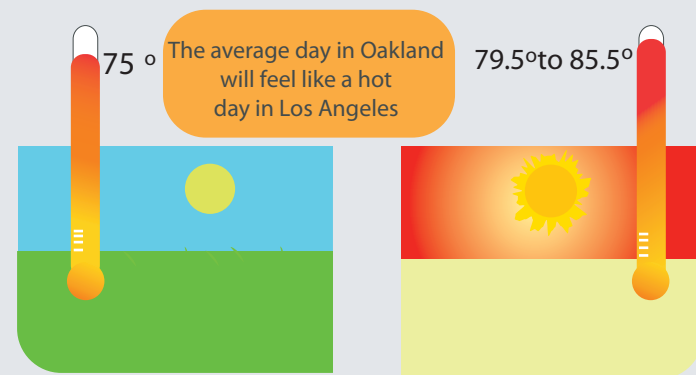
SOME OF THE RISKS OF NOT BEING PREPARED FOR AN EXTREME HEAT EVENT INCLUDE:

- HIGHER ELECTRICITY COSTS
- POOR AIR QUALITY
- RISE IN CARDIOVASCULAR AND RESPIRATORY ILLNESSES
- LOSS OF LIFE

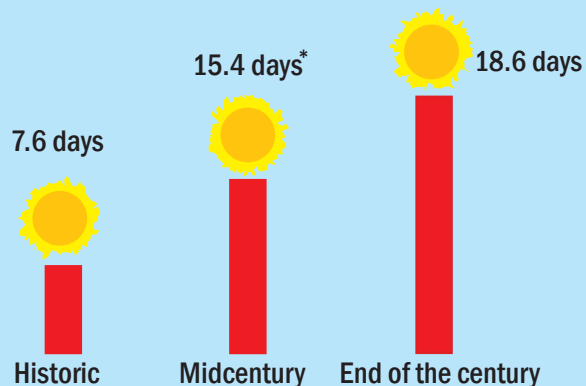
Fold out this factsheet and learn more about how to prevent heat exhaustion and other heat related illnesses.

In the last century, global temperatures have risen one degree fahrenheit. In the past fifty years, California climates have experienced warmer temperatures.

BY THE END OF THE CENTURY, TEMPERATURES ARE EXPECTED TO RISE 4.7 TO 10.5 F DEGREES



Number of Days of Extreme Heat



Between 1971-2000, there were an average of 7.6 days where the temperature was above the daily maximum. By mid-century these above-average warm days may double, and may even triple by the end of the century. **

*This is the minimum projected number of days

**The number of days may triple depending on the end of the century scenario

WHO DO I CALL IN CASE OF AN EMERGENCY?

Life Threatening call 911

Other Emergency Contacts

Alameda County Office of Emergency Services	925.803.7800
Alameda County Poison Control	1800.523.2222
American Red Cross	510.595.4400
City of Oakland Fire Dispatch	510.444.1616
City of Oakland Police Dispatch	510.777.3211
City of Oakland Office of Emergency Services	510.238.3938
EBMUD	510.835.3000
PG&E	1800.743.5000
National Response Center (Toxic Spills)	1800.424.8802

LOCAL RESOURCES

Citizens of Oakland Respond to Emergencies C.O.R.E.

Community-based emergency training
Phone: 510.238.6351 , Fax: 510.238.7761
core@oaklandnet.com

Weatherization Assistance Program
510.670.6125

Emergency Broadcast Radio Stations
KCBS, 740 AM
KGO, 810 AM
KNBR, 680 AM

Radio Oakland 530 AM

DIAL 211 to connect to housing and human services information in Alameda County 24 hours/day.

HOW DO I PREPARE FOR A HIGH HEAT EVENT?

1. Build an emergency kit
2. Insulate and install window air conditioners
3. Caulk around windows and install plastic sheeting (buy at a hardware store) to deflect heat
4. Weather strip doors and window sills
5. Make a plan to call family, friends, & neighbors, especially those who are elderly and disabled

WHAT DO I DO DURING A HIGH HEAT EVENT?

1. Stay indoors as much as possible and stay away from the sun
2. Stay on the lowest floor if air conditioning is not available
3. Postpone outdoor activities
4. Eat light, balanced meals & drink plenty of water
5. Check in on family & friends
6. Never leave children or pets alone in closed vehicles

WHAT DO I DO AFTER A HIGH HEAT EVENT?

1. Listen to news reports
2. Check on family and friends
3. Check on your pets frequently to ensure that they are not suffering from heat
4. In case of heat exhaustion:
 - Move to a cooler location
 - Apply wet, cool clothes
 - Consume water slowly (no alcohol or caffeine)
 - Seek immediate medical attention if vomiting occurs

ADAPTATION STRATEGIES THAT YOU CAN SUPPORT

1. Urban areas are 2 to 10 degrees warmer than non-urban areas. Promote more green space, like parks, in urban areas.
2. Install materials that are reflective or have vegetation.
3. Prioritize neighborhoods without trees or lack of trees for tree planting programs.
4. Support weatherization assistance programs.
See Local Resources.

WHAT THE CITY OF OAKLAND CAN DO

1. Revise building design guidelines to address air quality
2. Provide resources to partner with community based groups to develop and implement community education and outreach programs
3. Provide funding for air filter replacement for low-income households as well as those with chemical sensitivities and respiratory disabilities
4. Establish centrally located shelters or cooling centers for homeless and low-income residents

WHAT YOU CAN DO TO PROTECT YOUR COMMUNITY

1. Protect yourself first by following the “What Do I Do During an Extreme Heat Event”
2. Plant trees and increase green space
3. Identify public spaces that have air conditioning during heat events and inform neighborhood groups
4. Establish a system of community outreach to inform and check in on elderly and those most vulnerable
5. Identify heat illness symptoms

Symptoms for Heat Stroke:
-Dizzy
-Flushed, hot skin
-Temperature 105+

Symptoms for Heat Exhaustion:
-Pale Skin
-Sweating profusely
-Muscle cramps
-Headache
-Temperature 100+

