

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

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



## EXTREME HEAT

## HOW WILL EXTREME HEAT AFFECT OAKLAND?

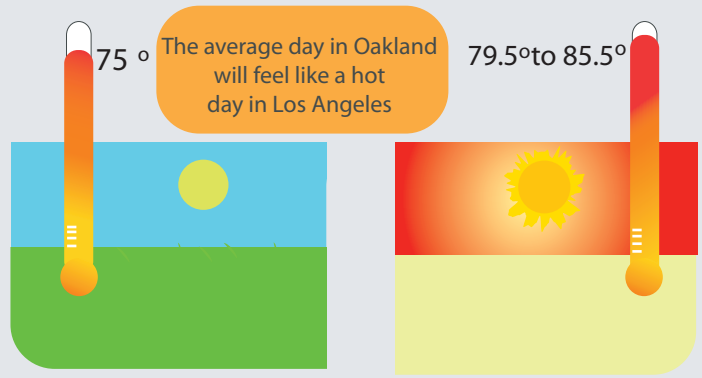
SOME OF THE RISKS OF NOT BEING PREPARED FOR AN EXTREME HEAT EVENT INCLUDE:

- 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



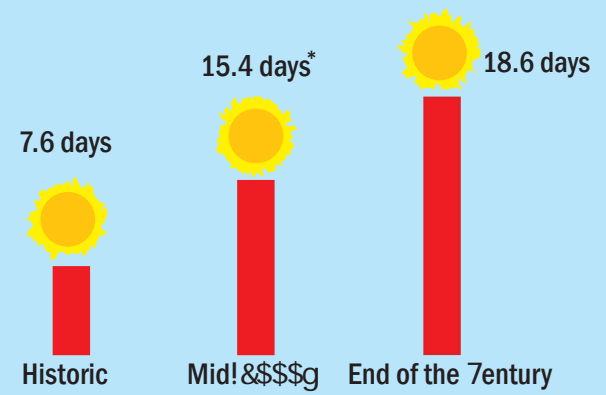
## WHO DO I CALL IN CASE OF AN EMERGENCY? Life Threatening call 911

- 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

- 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.

## LOCAL RESOURCES

Number of Extreme Heat Days



Between 1971-2000, there were an average of 7.6 days where the temperature was above the daily maximum. By the 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

## 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, and neighbors, especially those who are elderly or have limited mobility

## 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 and drink plenty of water
5. Check in on family and 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 that lack 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 for 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+

