

HEAT WAVE HOME CHECKLIST

A printable plan to keep your home cooler, protect people and pets, and prepare for a possible outage.



START HERE

Complete the orange items before the hottest day. If your home cannot stay safely cool, use the written backup location on page 2.



BEFORE THE HEAT ARRIVES

- ☐ Test the air conditioner and thermostat before the hottest part of the day.
- ☐ Check or replace the HVAC filter as directed, and keep the outdoor unit clear.
- ☐ Close blinds, shades, or curtains on windows that receive direct sun.
- ☐ Choose a nearby air-conditioned backup location and write it on page 2.
- ☐ Charge phones and power banks; turn on utility outage alerts.
- ☐ Set out flashlights, fresh batteries, first-aid supplies, water, and shelf-stable food.
- ☐ Plan backup options for refrigerated medicine and powered medical equipment.

Medication note: Heat can affect storage and some medicines can affect hydration. Do not stop or change medicine without talking with your clinician.



KEEP THE HOUSE COOLER

- ☐ Keep sun-facing window coverings closed during the day.
- ☐ Keep windows closed when it is hotter outside. Open them only when outdoor air becomes cooler and conditions are safe.
- ☐ Set the thermostat as high as is comfortable. A much lower setting will not cool it faster.
- ☐ Use ceiling or portable fans only in occupied rooms, and turn them off when you leave.
- ☐ Reduce indoor heat: skip the oven when possible and delay laundry or dishwashing.
- ☐ Use cool showers or baths and wear loose, lightweight clothing.

Fan safety: CDC advises using fans only when indoor temperatures are below 90°F. Above that, a fan can increase body temperature. Use air conditioning or relocate to a cool place.



PROTECT PEOPLE AND PETS

- ☐ Drink water regularly. Carry and refill a bottle throughout the day.
- ☐ Move outdoor work and exercise to the coolest part of the day.
- ☐ Check on older adults, young children, people with chronic conditions, and anyone who lives alone.
- ☐ Never leave a child, adult, or pet in a parked vehicle, even briefly.
- ☐ Give pets cool water and shade; check pavement before walks.



KEEP A COOL-ROOM KIT

- ☐ Drinking water and refillable bottles
- ☐ Cool, damp cloths and a spray bottle
- ☐ Lightweight clothing, hat, and sunscreen
- ☐ Charged phone, power bank, and emergency contacts
- ☐ Essential medicine stored exactly as labeled

READY IF THE POWER GOES OUT

Extreme heat can strain the electric system. Keep this page somewhere easy to find.



DURING AN OUTAGE

- ☐ Keep refrigerator and freezer doors closed as much as possible.
- ☐ Use flashlights instead of candles.
- ☐ Turn off lights except one, so you know when power returns.
- ☐ Unplug appliances and sensitive electronics.
- ☐ Move to your backup cooling location if the home becomes unsafe.
- ☐ Contact your check-in person and confirm that everyone is safe.



ONE-MINUTE HOME CHECK

- ☐ Indoor temperature is staying within a safe, comfortable range.
- ☐ Water is easy to reach for everyone in the home.
- ☐ No one is showing dizziness, weakness, nausea, confusion, or fainting.
- ☐ Pets are indoors or have reliable shade and cool water.
- ☐ Phone, alerts, and backup power are ready.
- ☐ Neighbors or family members who may need help have been contacted.

WRITE DOWN YOUR HOUSEHOLD HEAT PLAN

BACKUP COOLING LOCATION

ADDRESS / ROUTE

PRIMARY CHECK-IN PERSON

PHONE

NEIGHBOR OR RELATIVE TO CHECK

PHONE



KNOW WHEN TO ACT

HEAT EXHAUSTION

Heavy sweating, cool or moist skin, muscle cramps, headache, dizziness, weakness, nausea, vomiting, or fainting.

Move to a cool place. Give water if the person is alert, use cool wet cloths, and seek medical help if symptoms worsen or last longer than one hour.

POSSIBLE HEAT STROKE - CALL 911

Confusion, altered mental status, slurred speech, loss of consciousness, seizures, very high body temperature, or hot skin with or without sweating.

Call 911 immediately. Move the person to a cool area and cool them with wet cloths, cool water, or ice while help is on the way.

VERIFIED RESOURCES

- [Orange County Cooling Center Directory](#)
- [Ready.gov: Extreme Heat](#)
- [CDC: Heat and Your Health](#)
- [CDC: Heat-Related Illnesses and First Aid](#)
- [Southern California Edison: High-Heat Safety](#)

If your home is not air-conditioned or cannot stay safely cool, use an air-conditioned public space or cooling center. Confirm current hours before leaving.

A USEFUL HOME DESERVES A USEFUL PLAN

KEEP THIS CHECKLIST ON THE FRIDGE.

For local homeowner guidance and a free home valuation, visit:

[MICHAELABDELSAYED.COM](https://michaelabdel SAYED.COM)