



Cambridge Residents

Ready for Heat?

PREPAREDNESS FOR EXTREME WEATHER

Get started: Extreme heat can impact everyone. This document provides the steps to prepare within 24 hours or less of an extreme heat event to reduce the probability of you and your home being impacted.

1. ARE YOU AT RISK OF EXTREME HEAT?

YOUR HOME



You have experienced an extreme heat event or want to proactively protect your home from the impacts of extreme heat.

YOU/YOUR FAMILY



Stressors causing greater vulnerability include:
Lack of emergency funds; poor health or limited mobility; limited English skills; children, adults at risk of isolation.

CHECKLIST TO ASSESS RISK

- Your house has little or no insulation
- Your home is surrounded by pavement
- You don't have A/C
- You are unable to install or replace A/C
- You/a family member have respiratory/circulatory disease
- You exercise outside
- You work outside
- You have pets

2. ASSESS POSSIBLE IMPACTS

YOUR BUILDING

- Heat and humidity cause mold to grow in your house.
- Indoor temperature reaches 80 degrees & is unbearable.
- Property management/condo association has policies limiting use of A/C, for example only in operation from mid-June to September.

YOU/YOUR FAMILY

- You lose food/medication due to power shortage.
- Your childcare is closed because of extreme heat.
- Your pet suffers.



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3. WHAT YOU CAN DO *BEFORE*

- Sign up for emergency alerts
- Check your thermostat to confirm livable condition
- Close curtains during the day
- Introduce yourself to neighbors
- Install a window A/C and fans
- Keep your phone charged
- Renters: Identify who to call if A/C equipment fails

DURING

- Call 911 if you feel you are at risk
- Stay hydrated
- Visit a cooling center or public facility
- Check on neighbors
- Use fans for cross ventilation and open windows at night
- Visit a splash pad
- Avoid exercising outdoors

AFTER

- Review Extreme Weather Toolkit for more permanent solutions
- Assess moisture and mold in building
- Notify property management of damage

*Fill out blank spaces with actions specific to you

4. RESOURCES

Learn about what changes you can make to **protect your home:**
www.cambridgema.gov/climateprep

Sign up for **Cambridge emergency alerts**, such as **CodeRed:**
www.cambridgema.gov/subscribe

Visit a cooling center: Citywide Senior Center
806 Massachusetts Avenue, Cambridge, MA 02139

Learn tips for **Preventing Heat-Related Illness:**
<https://www.cdc.gov/disasters/extremeheat/heattips.html>