

PROTECTING YOURSELF FROM

# EXTREME HEAT



**CLIMATE RESILIENCY**  
STRENGTH, COMMUNITY, SURVIVAL  
\*\*\*\*\*



SEMINOLE TRIBE OF FLORIDA  
RISK MANAGEMENT



A large, stylized graphic of a flame in shades of red and orange, positioned on the left side of the page. The flame has several distinct, upward-pointing tongues. The background is a light yellow gradient, with a solid orange horizontal band at the bottom.

# Table Of Contents

1) What Is Extreme Heat?

2) Know The Signs

3) How To Help

4) Extreme Heat Watch  
Vs. Warning

5) Tips For Staying Safe  
During Extreme Heat

6) What To Do In Case  
Of Emergency

7) Extreme Heat  
Preparedness  
Checklist

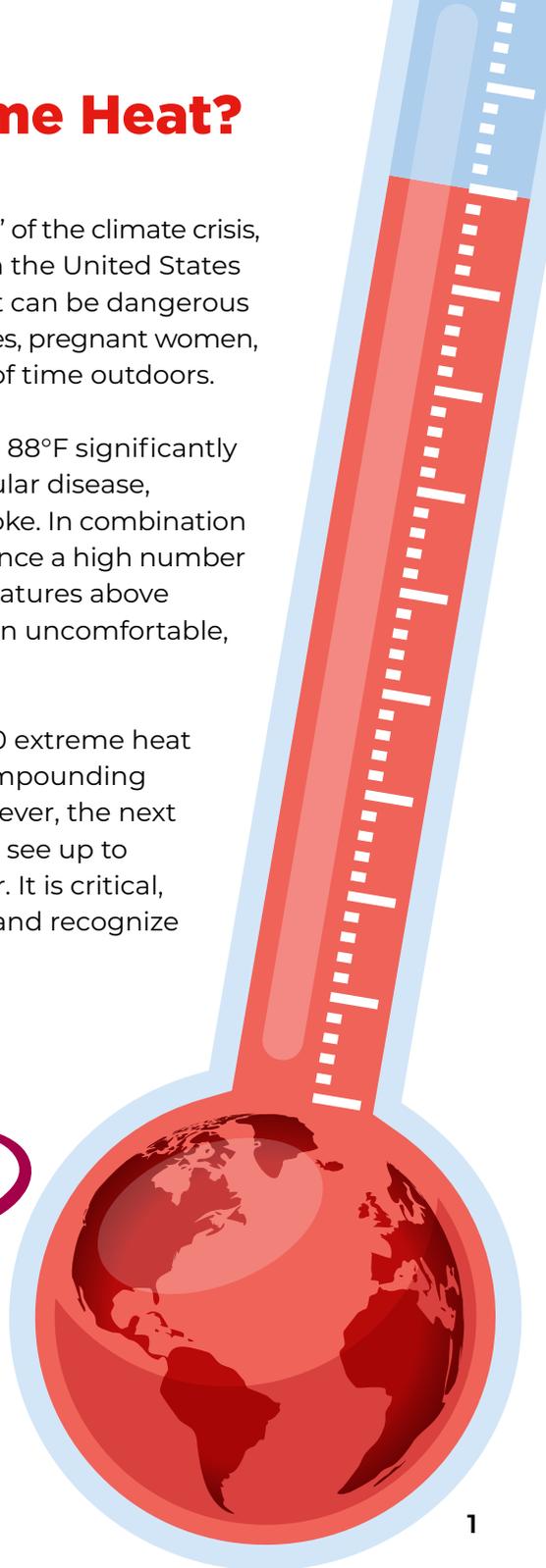
# What Is Extreme Heat?

Extreme heat is the “silent killer” of the climate crisis, contributing to 5,600 deaths in the United States each year. Even moderate heat can be dangerous for older adults, children, athletes, pregnant women, and anyone who spends a lot of time outdoors.

In Florida, temperatures above 88°F significantly increase the risk of cardiovascular disease, respiratory illness, and heat stroke. In combination with high humidity, we experience a high number of days with “feels like” temperatures above 105°F. These days are more than uncomfortable, they are dangerous.

Currently, the Tribe faces 30-40 extreme heat days every year. Due to the compounding effects of climate change, however, the next generation of Seminoles could see up to 100 extreme heat days per year. It is critical, therefore, that we prepare for and recognize the dangers of extreme heat.

See how your community is impacted. Explore the **STOF Extreme Heat Dashboard**.



# Know The Signs



**As temperatures rise, it's important to be aware of the early warning signs of heat-related illness.** Heat illness can develop quickly, especially during physical activity or prolonged exposure to high temperatures. Recognizing the early symptoms can help prevent serious medical emergencies like heat exhaustion or heat stroke.

Common early signs include muscle cramps, headaches, excessive sweating, a rapid pulse, flushed or red skin, nausea, and dizziness. These symptoms are the body's way of signaling that it is struggling to regulate its temperature. Ignoring these signs can lead to more severe health issues.



**Excessive Sweating  
Flushed/Red Skin**



**Nausea  
Weakness**



**Dizziness  
Headaches**

# How To Help



**If you or someone else begins to experience muscle cramps, headaches, excessive sweating, a rapid pulse, flushed or red skin, nausea, and dizziness, it's essential to act right away.**

The first step is to move to a cooler place. Seek out shade under trees, rest near a water station if one is available, or go indoors to an air-conditioned building.

Taking a break from the heat allows the body to cool down and reduces stress on the heart and other vital systems. While resting, continue to monitor symptoms and drink water to stay hydrated.

# STAY ALERT!

---

---

Look out for notifications from the Tribe during Heat Season:

**May 1 – October 31.**



The Tribe will issue:

**Extreme Heat Watches**

Expected Feels Like temperature of **100 degrees**

**Extreme Heat Warnings**

Expected Feels Like temperature of **105 degrees**

## EXTREME HEAT WATCH

---

An Extreme Heat Watch is issued when **dangerous heat is possible**.

Reschedule outdoor activities in the coming days. Make sure that children, the elderly, and pets have a place to cool off during the heat.

**Be Prepared.**

## EXTREME HEAT WARNING

---

An Extreme Heat Warning is issued when **dangerous heat is happening or about to happen**.

Avoid heavy activity and direct sunlight. Stay hydrated, find a cool indoor place, and check on children, elderly and pets.

**Take Action!**

# Tips For Staying Safe During Extreme Heat



- Walk in the early morning or late afternoon. Avoid doing outdoor activities mid-day.
- Stay hydrated. Drink plenty of water.
- Cool down in A/C after exercising, or at night if you have been outside all day.
- Look for shaded areas to walk or run.
- Exercise with a group or partner, watch out for signs of heat related illness.
- Don't wear trash bags or sweat suits.
- Try other activities that keep you cool, like swimming, yoga and other indoor fitness classes.
- Never leave a child unattended in a vehicle. Rolling down windows or being shaded does little to cool down the vehicle.



# What To Do In Case Of Emergency



**CALL 911** if symptoms do not improve quickly or begin to worsen. Prompt medical attention can be life-saving in cases of severe heat illness. Staying aware and taking early action can help keep you and those around you safe during hot weather conditions. It is important to take steps to help keep the person safe and comfortable.

**1** First, move the person to a cooler, shaded area or indoors if possible. Remove any tight or heavy clothing to help their body cool down. Encourage them to drink cool water if they are conscious and able to swallow, but avoid giving fluids if they are confused, vomiting, or unconscious.

**2** Next, lie them down and elevate their legs slightly to improve blood flow. Use cool, damp cloths or wet towels to help gently lower their body temperature, on areas like the neck, armpits, and forehead. You can also use a fan or spray water to aid cooling.

**3** Lastly, monitor their breathing and level of consciousness closely. If they become unconscious, stop breathing, or have seizures, be prepared to preform CPR if you are trained.

Stay calm and reassuring to help reduce panic. Keep a close watch on their symptoms until professional medical help arrives.

## Get In Contact With Your Nearest Clinic

### Hollywood Betty Mae Jumper Clinic

111 W Coral Way Hollywood, FL 33021 | 954-962-2009

### Big Cypress Clinic

31055 Josie Billie Hwy, Clewiston, FL 33440 | 863-983-5151

### Brighton Clinic

17201 Civic St. Okeechobee, FL 34974 | 863-763-0271

### Immokalee Clinic

850 Seminole Crossing Trail, Immokalee FL 34142 | 239-867-3400

# EXTREME HEAT PREPAREDNESS CHECKLIST



## BEFORE EXTREME HEAT

### HOME PREPARATION

- Ensure air conditioners are working properly
- Check that fans are clean and functional
- Install window reflectors or blackout curtains
- Weather-strip doors and windows to keep cool air in
- Be prepared, have a plan for if you lose power &/or air conditioning
- Stock up on bottled water (1 gallon per person per day for several days)
- Create an emergency kit with first aid, flashlights, & batteries

### PERSONAL PLANNING

- Sign up for local weather and emergency alerts
- Identify people who may need extra help (elderly, medically fragile, pets)
- Plan for transportation to a cooler location if you are without power &/or A/C
- Ensure prescriptions and medical supplies are stocked

## DURING EXTREME HEAT

### STAYING COOL AND SAFE

- Use fans and air conditioning when available
- Wear loose, light-colored, breathable clothing
- Stay indoors during the hottest parts of the day (10 AM - 4 PM)



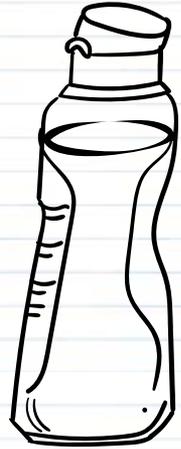
## DURING EXTREME HEAT

### STAYING COOL AND SAFE (CONTINUED)

- Avoid strenuous activity outdoors
- Take cool showers or baths to reduce body temperature
- Keep blinds or curtains closed during the day

### HYDRATION AND HEALTH

- Drink plenty of water—don't wait until you're thirsty
- Avoid alcohol, caffeine, and sugary drinks
- Eat light, cool meals (avoid hot and heavy foods)
- Watch for signs of heat-related illness (headache, dizziness, nausea, rapid pulse)
- Check on neighbors, friends, and relatives



### PET SAFETY

- Provide shade and fresh water at all times
- Avoid walking pets during peak heat hours
- Keep pets off hot pavement



## AFTER EXTREME HEAT

- Continue hydrating and monitoring for heat illness symptoms
- Restock supplies and replace used emergency kit items
- Check for heat damage to appliances and electronics

# Want To Learn More?

In 2020, the Seminole Tribe of Florida launched a Climate Resiliency Program to understand and address the multiple risks climate change poses to the Tribe's community, environment, and economy into an ever-changing future. We work across departments to create climate resiliency strategies using indigenous-led science and community decision-making. Together, we can protect future generations, repair a broken system of relationships, and heal the land and ecosystems we depend on.

**Stay connected and get involved!**

Email us at [climateprogram@semtribe.com](mailto:climateprogram@semtribe.com)

Follow us at [instagram.com/stof\\_climateprogram](https://www.instagram.com/stof_climateprogram)



**CLIMATE RESILIENCY**

STRENGTH, COMMUNITY, SURVIVAL







**CLIMATE RESILIENCY**

STRENGTH, COMMUNITY, SURVIVAL



**ENVIRONMENTAL  
PROTECTION OFFICE**

