

Preventing Heat Related Incidents at Your Pantry



Prolonged hot weather can lead to heat-related illnesses and health problems such as: dehydration, heat stress, heat exhaustion, and heat stroke if the body becomes too hot and cannot cool down adequately. Heat can also worsen existing chronic conditions such as heart disease.

Who is Most at Risk:



Children



People with Disabilities



Older Adults



Outdoor Workers/
Pantry Volunteers

How to Avoid the Risks:



Stay hydrated
(water is best)



Stay cool in
airconditioned areas



Wear light-weight, light-colored, loose fitting clothes

Tips for your Pantry:

- Have water available for participants, staff & volunteers
- If possible, move the pantry inside or use a canopy
- Check-in with your team regularly, take breaks in cool or shaded areas
- Work in pairs and avoid extra strenuous activity as much as possible
- Keep in mind people may be affected emotionally by excessive heat
- Make adjustments to your pantry as needed to get people out of the heat in a timely manner
- Consider having cooling cloths available for volunteers or participants
- If you have advanced warning, reach out to volunteers to prepare as needed
- Call 311 for additional information or to find open cooling centers
- Call 911 if someone is having an emergency

Sign-Up for Alerts:

San Francisco – AlertSF: www.alertsf.org

Marin – Alert Marin: <http://www.alertmarin.org>

Become familiar with the different heat warnings that can be issued

Heat Outlook	Heat Watch	Heat Advisory or Heat Warning
Issued when there may be an excessive heat event in the next 3-7 days	Issued when there may be an excessive heat event in the next 24-72 hours	Issued within 12 hours of the onset of extremely dangerous heat conditions