

Heatwave Timeline

Early warning signs

Keep an eye on the forecasts, and even the local reservoir levels. The earlier you know of an event the more time you have to prepare.

Community mobilization

How might you connect at a street level to support each other? Consider sharing cooling tips, knowing who is at risk, and finding ways to share resources.

Peak danger period

Check in with your neighbours! Does everyone have what they need to stay safe? Keep cool, avoid alcohol and the midday sun!

Recovery phase

It doesn't always end with the heat, parched earth is prone to flash flooding, cables and roads can be damaged, and we need time to rest and repair.

Resources

Dehydration

Symptoms and Response:
xrb.link/mX7t1r5wL3

Heatstroke

Symptoms and Response:
xrb.link/B36l0K8aL

Red Cross: Keeping Cool

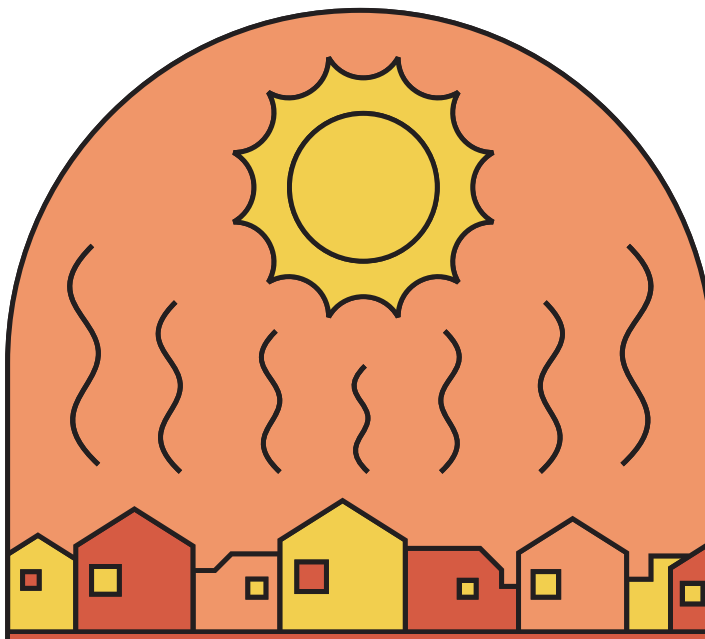
Guidance:
xrb.link/B1Eb9Llj0

Heat Strike

xrb.link/yp4rSB4r0

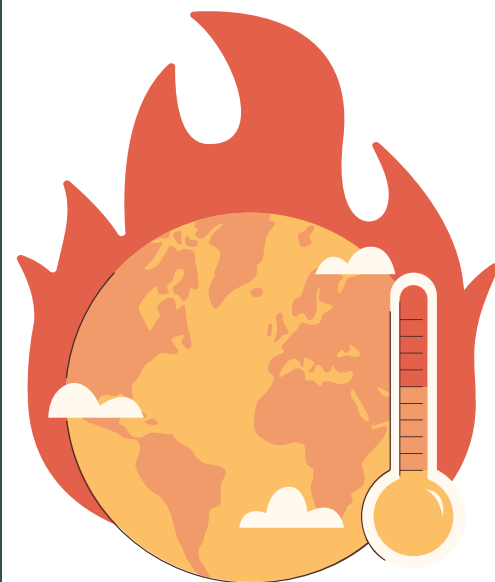
More Resources Like This!

xrb.link/sZ9yCd9t



HEATWAVE!

COMMUNITY ACTION & RESILIENCE



"In a prolonged and intense heat wave, community connections, not access to services, are a matter of life and death."

Rebellion.earth

Risks to Consider

Heat Exhaustion & Heatstroke

Look up the symptoms ahead of time and look out for them in yourself and others. How will you act if you spot them?

Dehydration

Know the symptoms of dehydration. Are you and the people around you drinking enough? Share water, avoid alcohol, and carry electrolytes.

Sun Burns

Us brits can be a bit silly with the sun, make sure you have access to shade, sun hats, sunscreen and light loose clothes. And remember folk have sunscreen allergies!

At Risk Groups

Heat can effect several different medications, cause flares in health conditions, overstimulate people and can be deadly especially for our elders, very young and disabled friends.

Community Responses

Know your neighbours

Check-in with your neighbours, especially those at risk. Do they have what they need?

How might your street come together to manage high temperatures?

Understand your local area

Where are your nearest cooling centres? How does your geography respond to heat, cities can be especially dangerous.

How might you organise in your community to better prepare for extreme heat?

Thinking Wider

What resources do you have in your community, can these be shared wider? How might you organise to get resources you may not have? Don't forget pets, nature and local wildlife as part of your community.

Future Preparedness

We are living through a Climate Crisis, Heatwaves are only going to get more common. So what can we work on now before the next one hits?

In your neighbourhood

- How might you get more connected locally? Maybe a WhatsApp group?
- Consider how mutual aid could be used in times like this.
- How can you be aware of using resources like water to make sure there is enough for everyone?

Collective Action

- Does your council have an emergency plan for community resilience?
- How might we put pressure on for schemes to make our houses safer?
- Link with a Union to campaign for workers rights during heatwaves?
- How does your action take into account the dangers of heat?