

# Prepare with Pedro!


**EXTREME HEAT** ☀



**FEMA** P-2346 / Jan 2024



**American  
Red Cross**



Hi! I'm Pedro!  
I'm learning how  
to prepare for  
emergencies.



Prepare means “get ready.”

You get ready for things all the time — like when you put on a jacket and grab an umbrella to get ready for a rainy day.

I want to be ready for any emergency, so I'm learning how to help stay safe when emergencies happen.



You can prepare  
for emergencies, too!  
Just follow me!

Important words to know: **EXTREME HEAT, HEAT WAVE, EXTREME HEAT WATCH, EXTREME HEAT WARNING**



Pedro was walking with his friends Imani and Amirah on a hot day when their foster family called them inside.

“Hurry inside where it’s cooler, it’s getting too hot to be outside!” said Christina, their foster sister.

“Is it normally so hot here?” asked Pedro.

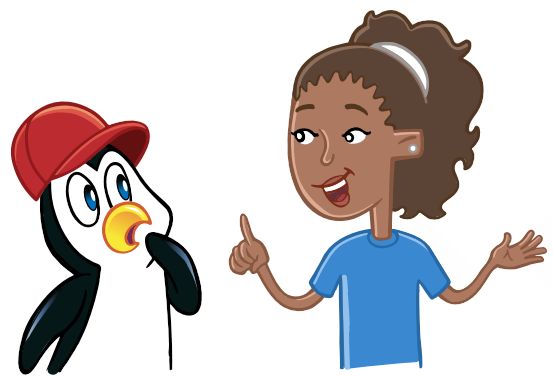
“No! This week is an extreme heat event,” said Imani.





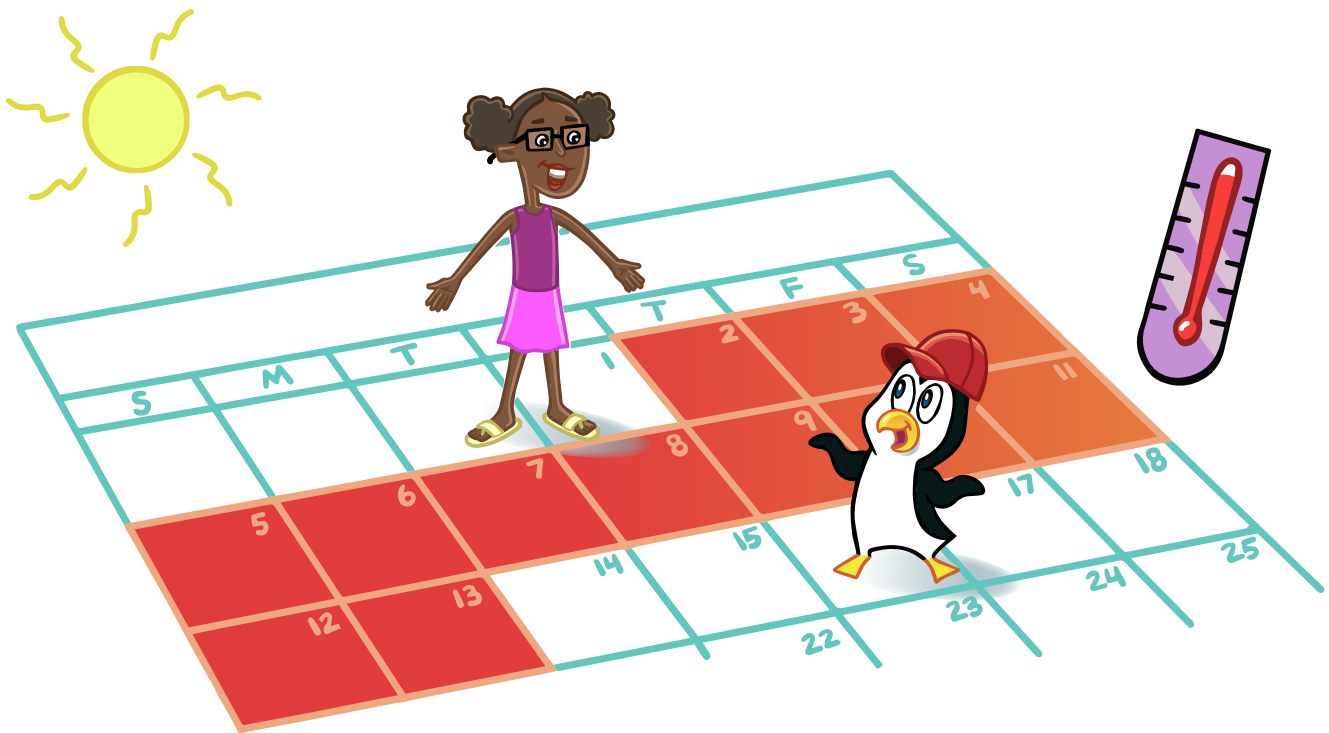
“**EXTREME HEAT** is when it is hotter outside than normal. An extreme heat event is a series of hot days, much hotter than average for a particular time and place,” said Christina.

“We have to be really careful when it’s super hot outside because too much sun and heat can make you sick!” said Imani.



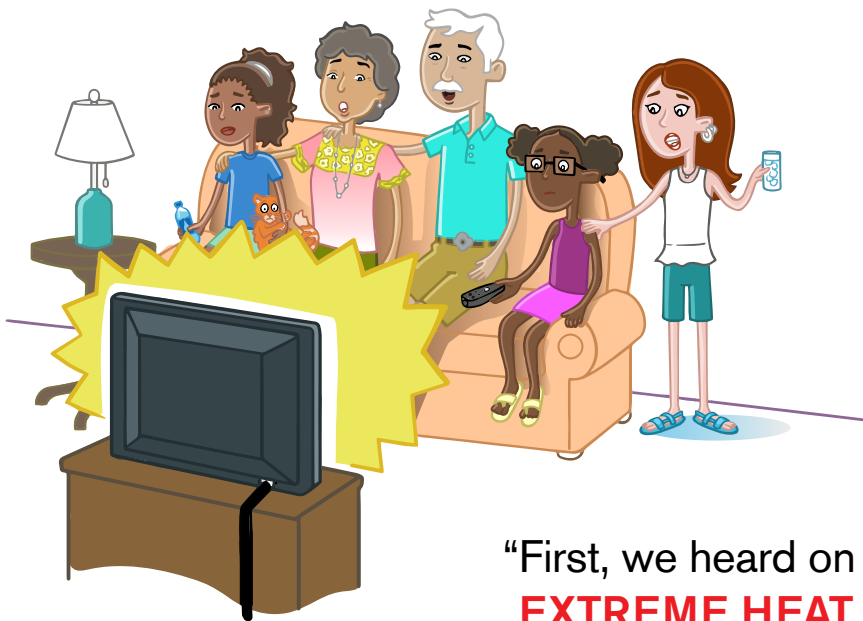
“If you feel sick, weak or dizzy, tell a grown-up right away. Go to a cool spot, drink some water and lie down,” said Christina.





“Right now, we are in a **HEAT WAVE**, which is when it’s really hot for several days or weeks, so we are careful not to stay outside for too long,” said Amirah.

“How did you know there was a heat wave going on?” asked Pedro.



“First, we heard on the news there was an **EXTREME HEAT WATCH**, which meant in 24–72 hours, there was a chance the temperature would get very high in the area.”

“We knew this meant that it was time for us to **BE PREPARED** by making a plan to help stay safe and getting all of our supplies together,” said Imani.

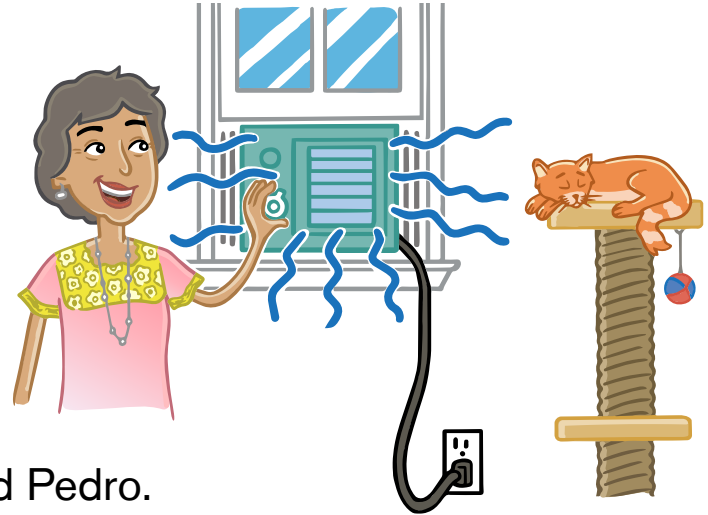
“What supplies should we have ready?” asked Pedro.



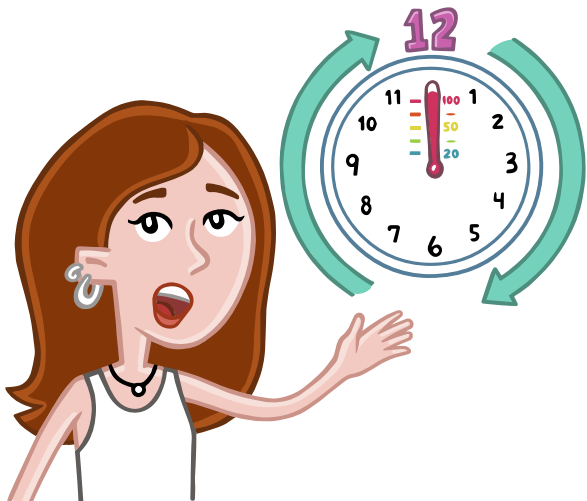
“We have lots of water, sunscreen, sunglasses, hats and umbrellas!” said Imani. “And we try to stay as cool as possible so we don’t get sick from the heat.”

“That’s right!” said Amirah. “We wear lightweight and loose clothing and take cool showers or baths if we feel like we are getting too hot!”

“We also ask our grown-ups to check and make sure our air conditioner works,” said Imani.

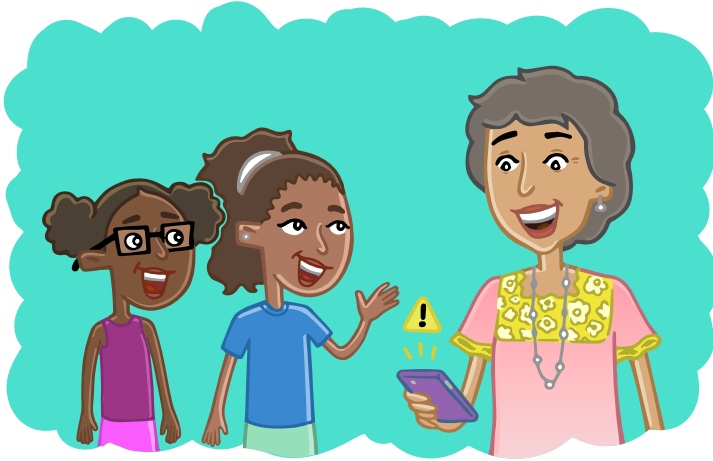


“Wow! Those are great ideas,” said Pedro.



“That’s right!” said Christina. “It’s important to be prepared because there might be an **EXTREME HEAT WARNING**, which means within 12 hours the area could get so hot that it’s not safe!”

“We **TAKE ACTION** when that happens by telling a grown-up to check for emergency alerts, we watch the tv for updates and listen to the local radio,” said Amirah. “That way, we can help stay safe!”



“Pedro, do you know what else is important for us to do to help stay safe during an extreme heat event?” asked Imani.

“No idea! What is it?” asked Pedro.





“We always check in on each other, our friends and our neighbors!” said Imani. “That includes pets! Be sure to give them lots of water and keep them in cool spaces.”

“Of course!” said Pedro.



A few weeks later....

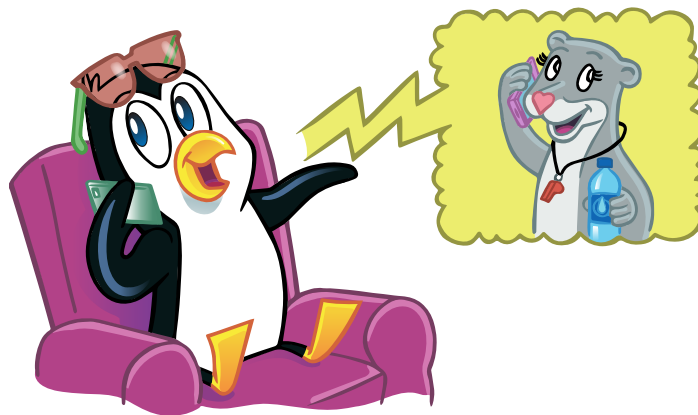
Pedro was checking his preparedness supplies when he heard of an extreme heat watch on the news.





He checked his water supply, got his sunglasses and sunscreen and made sure his air conditioner worked.

Then he called his friend, Otta, to be sure she was prepared too!



A few days later the extreme heat had passed.

“I’m so glad I know how to help stay safe during a heat wave!” said Pedro.



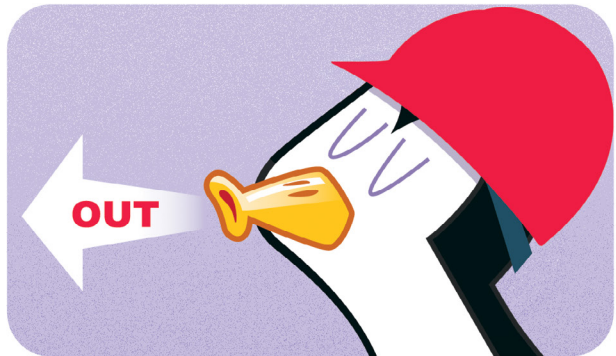
## Chill Out with Pedro!



Wow!  
Practicing for emergencies is exciting. But it makes me feel nervous, too. So I take big, slow breaths to calm down.



Breathe in slowly through your nose, like me.



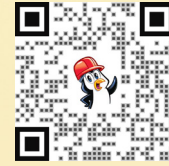
Then breathe out slowly through your mouth.

After just five or six breaths, I feel better and start to relax. Try it yourself and see!



# Dear Grown-ups,

We hope that your child has enjoyed learning how to prepare for an emergency! To learn more, please visit: [redcross.org/youthprep](https://www.redcross.org/youthprep) and [ready.gov/kids](https://www.ready.gov/kids).



## Pedro's Safety Checklist

- Make a household emergency plan that everyone understands.
- Make a household emergency supplies kit and keep it updated.
- Start saving for an emergency fund.

**Did you know that there are nearly 350,000 home fires each year in the United States? That's nearly 1,000 each and every day!**

- Practice your home fire escape drill — be sure you can get outside in 2 minutes or less!
- Test all smoke alarms once a month.



**American Red Cross**



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