



RESILIENT COMMUNITIES

SELA SPECIAL SERIES

MINI-GUIDE



LATIN AMERICAN
AND CARIBBEAN
ECONOMIC SYSTEM

WHAT TO DO DURING A HEATWAVE AND EXTREME TEMPERATURES?

Recommendations to protect health, reduce risks, and strengthen the resilience of our communities.



Preparing today helps build more resilient communities.



PREVENTION



PREPAREDNESS



PROTECTION



RESPONSE



REGIONAL
COOPERATION



PREVENTION

PREPARE BEFORE THE HEAT



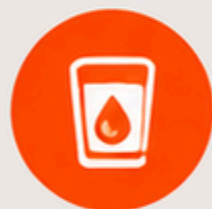
Check

weather forecasts
and official alerts.



Identify

the coolest place
in your home.



Have

drinking water
available.



Identify

people who may need
additional support.



Prevention starts
before extreme
heat arrives.





PREPARATION

GET ORGANIZED AND PREPARE



Prepare a family plan

Define responsibilities and meeting points.



Prepare your emergency kit

Include food, water, a flashlight, radio, and first-aid kit.



Keep important phone numbers

Have emergency and authority contacts readily available.



Check your home

Secure objects that could fall and know the evacuation routes.



Today's preparation
can **make a difference**
tomorrow.





PROTECTION

TAKE CARE OF YOURSELF AND YOUR LOVED ONES



Stay hydrated

Drink water regularly to stay properly hydrated.



Protect yourself from the sun

Wear lightweight clothing, a hat, and sunscreen.



Seek cool places

Stay in ventilated or shaded spaces.



Pay attention to vulnerable people

Children, older adults, and pets need extra care.



Caring today means

protecting life and well-being
in our community.





RESPONSE

ACT AND SUPPORT YOUR COMMUNITY



Get information from official sources

Follow authorities' instructions and avoid sharing rumors.



Help safely

Provide support only if you do not put yourself or others at risk.



Respond to emergencies

If you have first-aid training, provide basic assistance to those who need it.



Join support networks

Coordinate with your community, organizations, and response teams.



Show empathy and solidarity

A gesture of solidarity can bring hope and strengthen those who need it most.



During extreme heat, your response **can save lives** and help rebuild the community.





RECOVERY

LEARN AND STRENGTHEN YOUR COMMUNITY



Recognize what happened

Identify what worked and what situations created greater risk.



Care for those affected

Continue to monitor people who may have experienced heat-related effects.



Gradually resume your routines

Resume activities when conditions are safe.



Learn for the next episode

Adjust your prevention and preparedness measures.



Strengthen community networks

Maintain support networks for future heat waves.



Every extreme heat episode leaves us **lessons** to be better prepared.





REGIONAL COOPERATION

SHARE INFORMATION, EXPERIENCES AND SOLUTIONS



Share alerts and knowledge

Facilitate access to timely information on extreme temperatures.



Exchange good practices

Learn from the experiences of other countries and communities.



Strengthen regional networks

Connect institutions, experts, and organizations to join efforts.



Develop joint capacities

Promote training, technical assistance, and common tools.



Act in a coordinated manner

Cooperation helps anticipate risks and better protect populations.



In the face of extreme heat,
no country stands alone.
Cooperation allows us to anticipate,
learn, and protect better.





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EXTREME HEAT AFFECTS US ALL

Preparing, protecting ourselves, and acting together allows us to build **more resilient communities** in the face of **extreme temperatures**.



LATIN AMERICAN
AND CARIBBEAN
ECONOMIC SYSTEM

More and Better Integration

