

City of McKinney Office of Emergency Management



Before, During, and After Extreme Heat

Before Extreme Heat

- Install window air conditioners snugly, and check central air conditioning ducts for proper insulation.
- Weather-strip doors and sills to keep cool air in.
- Cover windows with drapes, shades, or awnings. These can reduce the heat that enters a home by up to 80%.
- Maintain a healthy lifestyle by eating well, exercising, and getting plenty of sleep.

During Extreme Heat

- Stay indoors and limit exposure to the sun.
- If air conditioning is not available in your home, consider spending time in public buildings such as the library, shopping centers, or movie theaters.
- Do not rely on fans without air conditioning to protect you in times of extreme heat. They are not protective when temperatures are higher than 90° and humidity greater than 35%.
- Drink plenty of water and limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothing that cover as much skin as possible.
- Never leave children and pets in closed vehicles, even if the windows are open. Children's bodies warm at a faster rate than adults. Within 16 minutes, 80° ambient temperature outside can rise up to 116° inside a car.
- Avoid physical labor during the warmest part of the day. Use a buddy system if you must work and take frequent breaks.

After Extreme Heat

- Take this time to refurbish and outfit your home for the next extreme heat season. Renovations completed in the off-season are generally less expensive.
- Update your plans and refill your emergency supply kit with any items that may have been used or are expired.

Outdoor Tips

- Only water your lawn when necessary and adhere to water restrictions that may be present in the City of McKinney.
- Respect 'no burn' days to help prevent wildfires.
- Dispose of all cigarettes responsibly.
- Dispose of hot charcoal in a non-flammable container or hose down before dumping.