

## Extreme Weather Taskforce

### What is a Buddy?

Anyone can be a buddy. A Buddy can be a friend, relative, neighbor or landlord. A Buddy should be someone an elderly person who lives alone can trust in his or her home.

- A Buddy makes a daily personal visit or telephone call to his or her elderly Buddy during a heat wave
- A Buddy encourages the elderly person to rest, stay cool and drink plenty of fluids. If there are any errands that must be done, the Buddy does them or makes sure they get done.
- A Buddy is on the lookout for distressed animals that may be experiencing the dangers of extreme heat.

### Safety Tips:

- Dress for the heat – Wear lightweight, light colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear a hat or use an umbrella.
- Drink water! Carry water or juice with you and drink continuously, even if you do not feel thirsty.
- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day. Stay indoors when possible.
- If you do not have an air conditioner and only have a fan – open windows and doors so you won't be circulating the hot air inside your home.
- Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.



**In order to better serve the community, the Extreme Weather Taskforce website is currently under construction, receiving enhancements and updates. Check back to see what's new on the site.**