



Monitor the occurrence of vectors, such as mosquitoes and mice.



Get informed on the appearance of Red Tides. Heat waves may encourage the concentration of toxic or non-toxic microalgae in bivalve mollusk's (e.g., Chilean mussels, clams, scallops, macha clam, among others). For more information, go to www.sernapesca.cl

GENERAL CONSIDERATIONS FOR EMERGENCY SCENARIOS

- Get familiarized with your surroundings. Find out the hazard potential of where you live or where you are visiting and learn about the emergency plan of the respective local government.
- An emergency does not only affect people- keep in mind that animals and pets are also affected.
- Elaborate and put into practice your Ready-to-Act Family Plan. Visit www.senapred.cl
- Always have an Emergency Kit on hand. Visit www.senapred.cl
- Disasters, whether of natural or social origin, do NOT affect us all equally. Disasters have different impacts on the life quality of women, children and men, the elderly, people with disabilities and ethnic groups, among others. Therefore, the vulnerabilities, needs and capabilities of each of these groups must be considered.



PREVENT, GET INFORMED, GET PREPARED

What is an extreme hot weather event?

It occurs when the maximum temperature observed in a day exceeds the average monthly maximum temperature.

What is a heat wave?

A heat wave occurs when the maximum daily temperature of an area is equal to or greater than the maximum monthly average temperature for a period of three or more continuous days (November-March period).

If the event lasts for five or more continuous days, it is called an extreme heat wave.

RECOMMENDATIONS FOR EXTREME HOT WEATHER / HEAT WAVE- COMMISSION FOR HYDROMETEOROLOGICAL HAZARDS

- Chilean Meteorological Department.
- Ministry of Agriculture.
- Ministry of Energy.
- National Fisheries and Aquaculture Service.
- Chilean National Irrigation Commission.
- Chilean Navy Weather Service.
- General Water Bureau - Ministry of Public Works.
- Chilean National Emergency Office of the Ministry of Interior and Public Security.

SENAPRED
Av. Beaucheff 1671,
Santiago, Chile.

Integral Information and Citizen Assistance System (SIAC)
Citizen Service Office
600 586 7700

www.senapred.cl

With the support of



PREVENT

get informed, get prepared



Heat Wave





WHAT TO DO DURING A HEAT WAVE

Drink plenty of fluids, even if you don't feel thirsty. Drink water and avoid alcoholic and sugary drinks. Avoid high-calorie foods. Increase the intake of fruits and vegetables.



IF YOU ARE OUTDOORS:

Avoid sun exposure at UV-peak hours of the day (usually between 11 am and 5 pm). Apply sunscreen factor +50 and keep yourself covered wearing a hat and sunglasses. If you are going to do physical activity, do it during the early morning or during the evening.



Keep crops, orchards and vegetation hydrated. Rising temperatures increase evapotranspiration, causing the crops to increase their water demand.



Keep food refrigerated and monitor food hygiene standards. Avoid eating foods that spoil quickly at high temperatures to prevent food poisoning.



Stay in the shade and stay hydrated. Wear light, loose-fitting and light-colored clothes and avoid wearing synthetic fabrics.



Make sure your animals and cattle have plenty of shade, food and water. Please, keep in mind that thermal stress causes the animals to lose body weight. In the event of a heat wave, animals need more water to regulate their body temperature. For further information, go to www.minagri.cl



Keep the inside of your house at a lower temperature than the outside by drawing the curtains and by closing or opening windows. Stay in the coolest rooms of the house.



For further advice, please go to www.minsal.cl



Handle fire properly and only in authorized areas. As the hydric stress of forestry plantations and native forest intensifies, dry-vegetable material grows in quantity. This, together with low humidity, wind and high temperatures, provides optimal conditions for wildfires to start and to spread. For specific advice on wildfires, go to www.senapred.cl or www.conaf.cl



Check the body temperature and health condition of children and the elderly, since these groups can become dehydrated easily.



Never leave people or pets inside parked vehicles.



Proper waste and garbage management is essential. High temperatures accelerate the decomposition of organic waste, thus increasing the generation of percolated liquids, gases and bad odors, along with the proliferation of flies and insects.