

# Summer Safety Information

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Memorial Day is coming up and that means summer is just around the corner! Millions of Americans are getting ready to fire up the grill, or head out to the lake, but we should also remember that we can take some simple steps to stay safe while enjoying summer activities.

## Staying Safe During Extreme Heat

- Plan your outdoor activities when it is cooler in the morning or evening, rather than the hottest part of the day.
- Drink plenty of fluids to stay hydrated.
- Wear loose, lightweight, and light-colored clothing.
- Check in with older friends and family members to make sure they are staying cool during a heat wave.
- Find more tips for staying safe during extreme heat by visiting [www.ready.gov/heat](http://www.ready.gov/heat).

## Prepare for Extreme Weather

- [Download the FEMA app](#) and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.
- [Create an emergency plan](#) so that you and your family know what to do, where to go, and what you will need to protect yourselves during extreme weather.
- Plan ahead if you need to evacuate due to extreme weather. Make sure you and your family know at least two evacuation routes to get to a safe place.
- [Build an emergency supply kit](#) for your home if you have to shelter in place, and have one you can take with you if you have to evacuate.
- Find more tips for preparing for extreme weather by visiting [www.ready.gov/severe-weather](http://www.ready.gov/severe-weather).

## Online Resources

- [Community Weather Alerts](#) (Video)
- [National Weather Service Tornado Safety](#)
- [Tornado Information Sheet](#) (PDF)
- [Flood Information Sheet](#) (PDF)
- [National Flood Insurance Program \(NFIP\)](#)
- [Flood Insurance Facts](#)
- [Six Things to Know Before a Disaster](#) (Video)
- [When the Clouds Form](#) (Video)
- [How to Prepare for a Flood](#)
- [Your Homeowners Insurance Does Not Cover Flood](#) (PDF)
- [Thunderstorms Information Sheet](#) (PDF)
- [NOAA Watch: Severe Thunderstorm Safety](#)
- [Centers for Disease Control and Prevention - Lightning](#)
- [Extreme Heat Information Sheet](#) (PDF)
- [National Weather Service Heat Safety Tips and Resources](#)
- [National Weather Service - Dangers of Heat](#)
- [National Weather Service - Safety During Heat Wave](#)