

Brief Guidance on Managing Extreme Heat in Displacement Settings – August 2023

To ensure the safety of camp residents from the onset of a heatwave, there are some immediate measures that can be helpful for Camp Manager and Admin equally. These measures include:

1. **Provide more than usual water supply:** Ensure that an adequate and continuous supply of clean drinking water is available to all camp residents. Encourage them to drink water frequently and stay hydrated.
2. **Establish shaded areas:** Set up temporary shades or tents to provide a shaded area where residents can seek relief from the sun. This can help reduce the direct exposure to heat.
3. **Solar fans or misting stations:** Place fans or misting stations in communal areas to create a cooling effect and provide some relief from the heat. This can help lower the temperature and make residents more comfortable.
4. **Mass awareness about heat safety:** Conduct awareness campaigns or informational sessions to educate camp residents about the dangers of heatwaves and how to stay safe use SMS, Radio, Social media, mosque, church, speakers. Teach them about the importance of wearing loose-fitting, light-colored clothing, and using sun protection such as hats and sunscreen.
5. **Realign/Adjust activities and schedules:** Modify or reschedule activities to avoid the hottest parts of the day. Educate residents to limit physical exertion during peak temperatures and advise them on the importance of resting in cool areas.
6. **Monitor vulnerable individuals:** Keep a close eye on vulnerable groups such as the elderly, young children, and people with pre-existing medical conditions. Ensure they have access to cool areas and offer additional support if needed.
7. **Ensure ventilation in sleeping areas:** If possible, improve ventilation in sleeping areas by providing fans or opening windows during cooler hours. This can help improve air circulation and make sleeping more comfortable.
8. **Regularly check on residents:** Establish a system to check on camp residents regularly to ensure their well-being and identify any signs of heat-related illnesses or distress. Encourage residents to look out for each other as well.
9. **Prepare for worst:** Be prepared for emergencies by having a plan in place and ensuring access to emergency medical services. Train staff or volunteers on identifying and responding to heat-related emergencies. Keep fire hazard on top of the agenda!

It is crucial to continuously monitor weather updates, following relevant guidelines or recommendations issued by local authorities or health organizations.

Further reading:

1. Extreme Heat Safety | Heat Exhaustion Safety | Red Cross: The Red Cross provides guidelines on how to stay safe during a heatwave and how to treat heat-related illnesses. <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/extreme-heat-safety.html>
2. Hot weather and health: guidance and advice - GOV.UK: The UK government provides a collection of resources and guidance on managing health during hot weather, including emergency response and health emergency <https://www.gov.uk/government/collections/hot-weather-and-health-guidance-and-advice>
3. Karachi Heatwave Management Plan: A Guide to Planning and...: This document outlines the steps to be taken in the event of a heatwave in Karachi, including the immediate declaration of a heatwave emergency. <https://ghhin.org/wp-content/uploads/HeatwaveManagementPlan.pdf>



4. Heat Response Plans - CDC: The CDC provides information on the impact of heatwaves on health, including an increase in emergency medical services calls and emergency department visits. https://www.cdc.gov/climateandhealth/docs/HeatResponsePlans_508.pdf

5. Extreme-Heat-Report-IFRC-OCHA-2022.pdf: This report discusses the increasing danger of heatwaves due to climate change and the need for emergency response at the individual level. <https://www.ifrc.org/sites/default/files/2022-10/Extreme-Heat-Report-IFRC-OCHA-2022.pdf>



Heatwaves: 10 safety tips



	Stay out of the sun		Dress light
	Keep your house cool		Avoid physical efforts
	Stay hydrated		Don't drink alcohol
	Eat enough		Look after your pets
	Check on family, friends, neighbours		Don't leave kids or pets in parked vehicles

