

Connecticut Extreme Heat Emergency Management Procedure

June 2025

The CT Extreme Heat Emergency Management Procedure, implemented by the Department of Emergency Services and Public Protection/Division of Emergency Management and Homeland Security (DESPP/DEMHS), aligns with the State Response Framework (<https://portal.ct.gov/demhs/-/media/demhs/docs/plans-and-publications/ehsp0025-srfv5pdf.pdf?rev=2d72fbba141c442fabd1d18377bfd388&hash=AD8F3EF556AE13944ED4ADFCCE386A4>) and mirrors the basic structure of the Severe Cold Weather Protocol, with the exception that some services available under the Cold Weather Protocol are not activated for extreme heat events.

DEMHS staff with meteorological expertise routinely monitor the National Weather Service (NWS) forecasts and other weather models. When forecasts indicate the potential for a heat wave—defined as three consecutive days with high temperatures exceeding 90°F—an internal update is issued for DESPP/DEMHS. If the heat wave appears significant and the NWS issues Heat Advisories, an external update is also distributed to the Governor’s Office, other state agencies, and municipalities.

Following the dissemination of these updates, DEMHS assesses the need for further actions, which may include:

- **Recommending the activation of the Extreme Heat Protocol to the Governor’s Office**, after which the Governor’s Office may issue a press release.
- DESPP/DEMHS staff actions:
 - Notify partners, including United Way 2-1-1, the Department of Housing, the Department of Social Services, and the Connecticut Coalition to End Homelessness.
 - Notify municipalities.
 - Request that municipalities submit updated cooling center information in the WebEOC Daily Operations Incident.
 - Publish social media alerts.
 - Share information with the ESF 15 Diverse Communities Group for wider distribution.
 - Coordinate with 2-1-1 to ensure readiness to handle inquiries related to cooling centers.
 - Monitor WebEOC to address any municipal requests for assistance (through DEMHS Regional Coordinators and the DEMHS Operations and Logistics unit).
 - Receive and review status reports from energy utilities.
 - Continue to monitor weather conditions and issue additional updates as necessary.

See next page for Sample Press Release

GOVERNOR LAMONT ADVISES CONNECTICUT RESIDENTS TO PREPARE FOR EXTREME HEAT OVER NEXT SEVERAL DAYS

Cooling Centers Are Open Across the State and Can Be Located by Calling 2-1-1

(HARTFORD, CT) – Governor Ned Lamont is advising Connecticut residents, particularly those who are most vulnerable, to take precautions ahead of the extreme temperatures that are forecast to impact the state beginning _____. The National Weather Service has issued heat advisories for most of the state through _____.

Cooling centers are opening across Connecticut. Anyone in need of a place to get out of the heat can locate their nearest cooling center by calling 2-1-1.

“We want to remind everyone – particularly those in the most vulnerable communities – that cooling centers are available and can be located by calling 2-1-1,” **Governor Lamont said**. “Everyone should take the necessary precautions as the heat rises over the next several days. A few steps can greatly reduce heat-related issues, especially for the elderly, the very young, and people with respiratory ailments who are more susceptible to the effects of high temperatures.”

Although anyone can suffer from heat-related illnesses, some people are at greater risk than others:

- Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially those with heart disease or high blood pressure, or who take certain medications, such as those for depression, insomnia, or poor circulation, may be affected by extreme heat.

Some prevention tips to stay safe in extreme heat include:

Stay cool: Keep your body temperature cool to avoid heat-related illness

- Stay in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your outdoor activity to the morning and evening. Try to rest often in shady areas so that your body has a chance to cool off.
- Find an air-conditioned shelter. (Call 2-1-1 for a list of cooling centers). Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk several times a day.
- Pets that cannot be brought indoors should be provided ready access to water and shade to keep them cool.

Stay Hydrated: Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat

- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

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