

Extreme Heat 2026 Webinar #1

Extreme Heat Working Group

Global Shelter, Land and Site Coordination Cluster

An introduction

Housekeeping

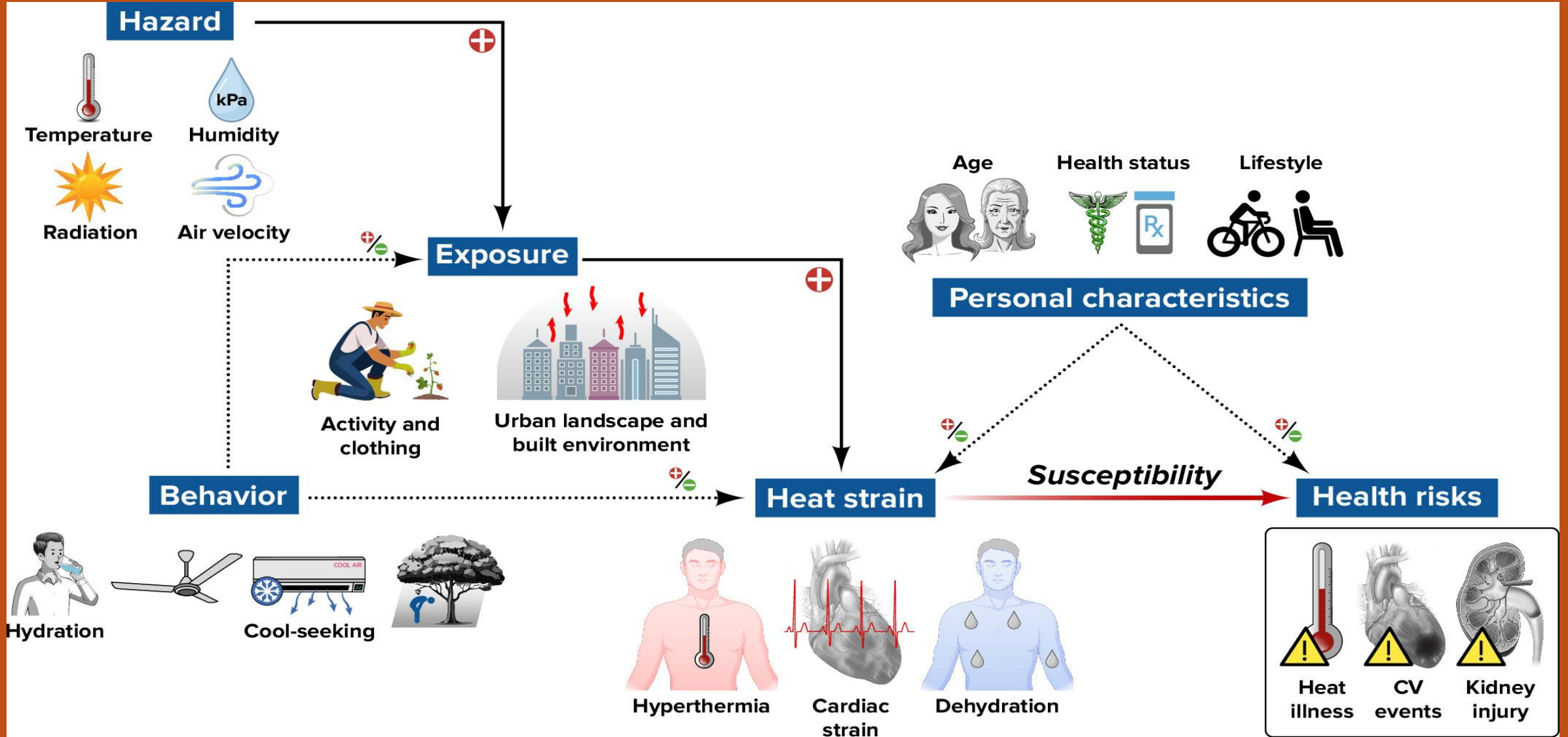
- Microphones off; cameras off if you have low bandwidth
- Questions in the Chat – include your email if you would like a personal reply
- Each presentation about 20 minutes; questions if time allows (You can always put questions in the chat).

Extreme Heat Workshop #1 – 12 April 2026

Topic	Speaker
Welcoming	Kelly, SLSC Green Team
The threat of extreme heat in humanitarian conditions	Kelly, SLSC Green Team
Passive Cooling	Paul Knox Clarke, ADAPT Initiative
Extreme Heat Early Warning Systems	Carolina Pereira Marghidan, Red Cross Red Crescent Climate Centre
Heat Action Day	Aynur Kadihasanoglu, Red Cross Red Crescent Climate Centre
Closing	Kelly, SLSC Green Team

What is the Problem?

- Those affected by disasters or other crisis don't have full access to normal means to manage extreme heat
- Extreme heat events can be short and sharp, or long and persistent
- Health impacts of extreme heat are often contributory not initiating (can be an undocumented factor)
- Managing extreme heat events requires
 - Preparation – not only warnings, but (trigger-based) defined actions
 - Quick action – for short/sharp events
 - Integrated action – for long/persistent events



The Physiology behind the Epidemiology of Heat-Related Health Impacts, <https://journals.physiology.org/doi/full/10.1152/physiol.00012.2025>

The Physical and Physiological Context

Two types of extreme heat weather

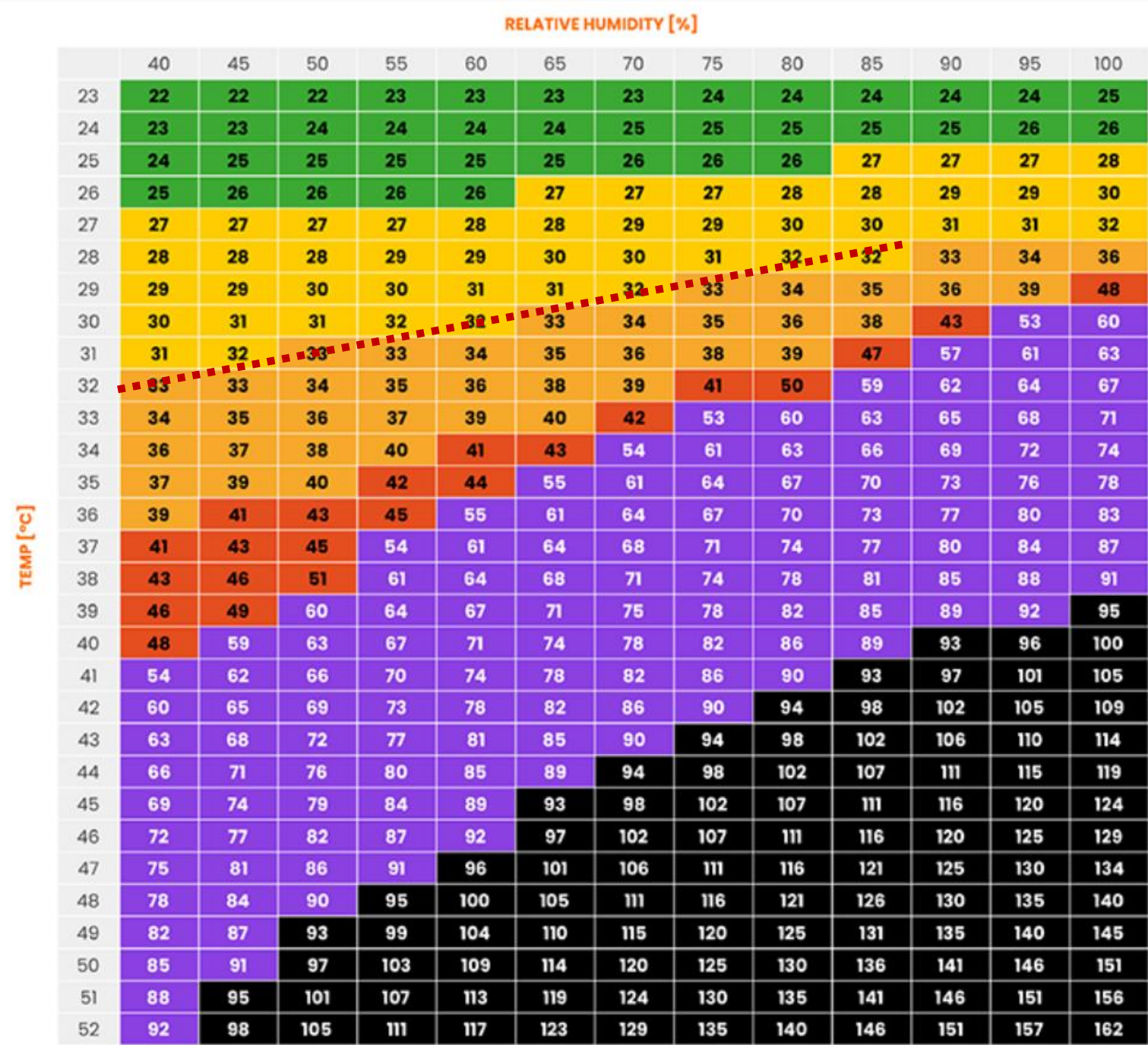
- Hot and dry – natural cooling (evaporation) effective
- Hot and humid – natural cooling not effective

Hot and Humid Events

Days above 32C and humidity above 40% humidity:

- Orange is Extreme Caution
- Red is Danger
- Purple is Extreme Danger

“It is not just the heat it is the humidity” (an American saying)



Passive Cooling in Public Buildings

Shelter, Land and Site Coordination Cluster Extreme Heat Working
Group

Why passive cooling?

- Occurrence extreme heat events increasing
- Heat kills – up to 30% excess mortality
- (Some) humanitarian contexts particularly exposed
- Electricity supply limited in these contexts

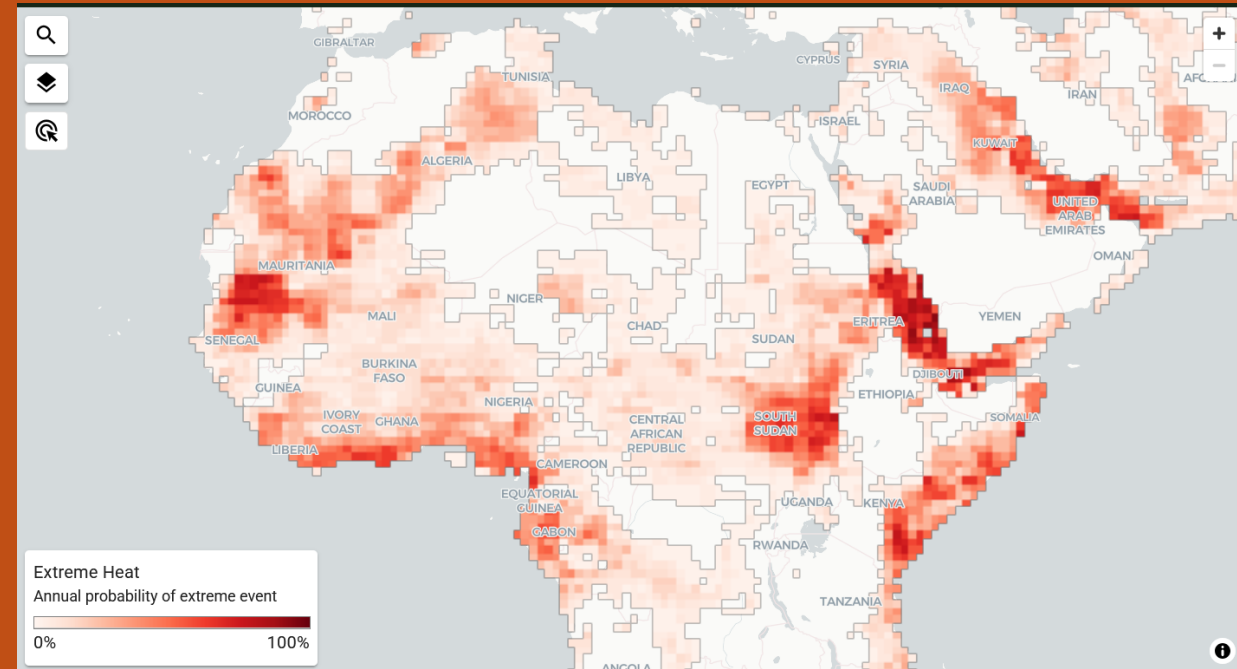


Image – GRI Risk Viewer, Heat / 2030 /HADGEM2 - ES

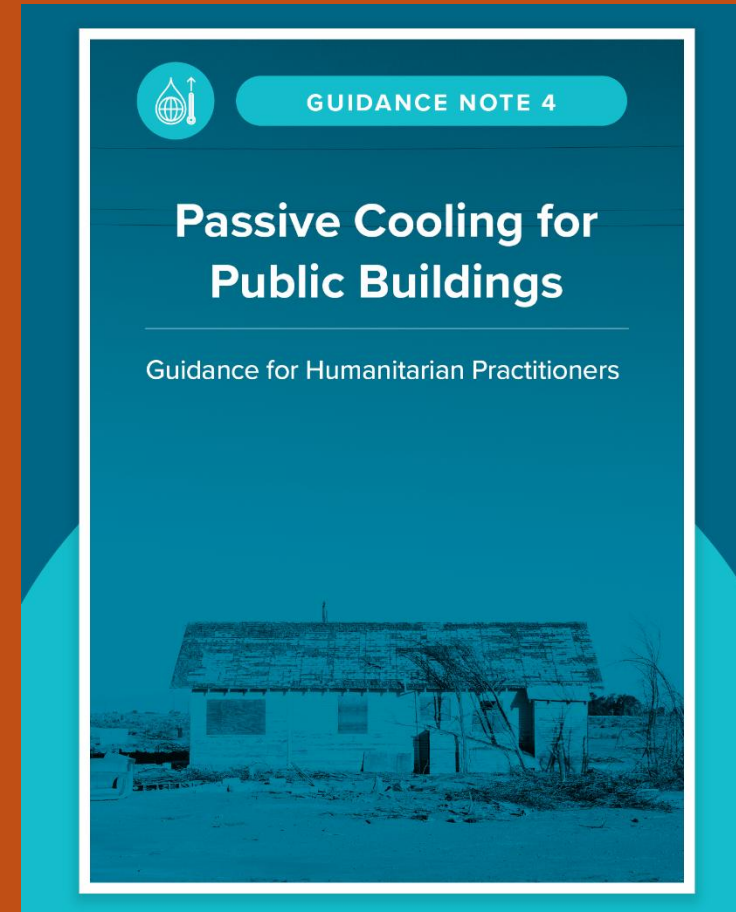
Why Public Buildings?

- Concentrations of most vulnerable people
- Often permanent construction
 - More options available
- Often some level of regulation
 - Possibilities to scale up / mainstream
- Little guidance available

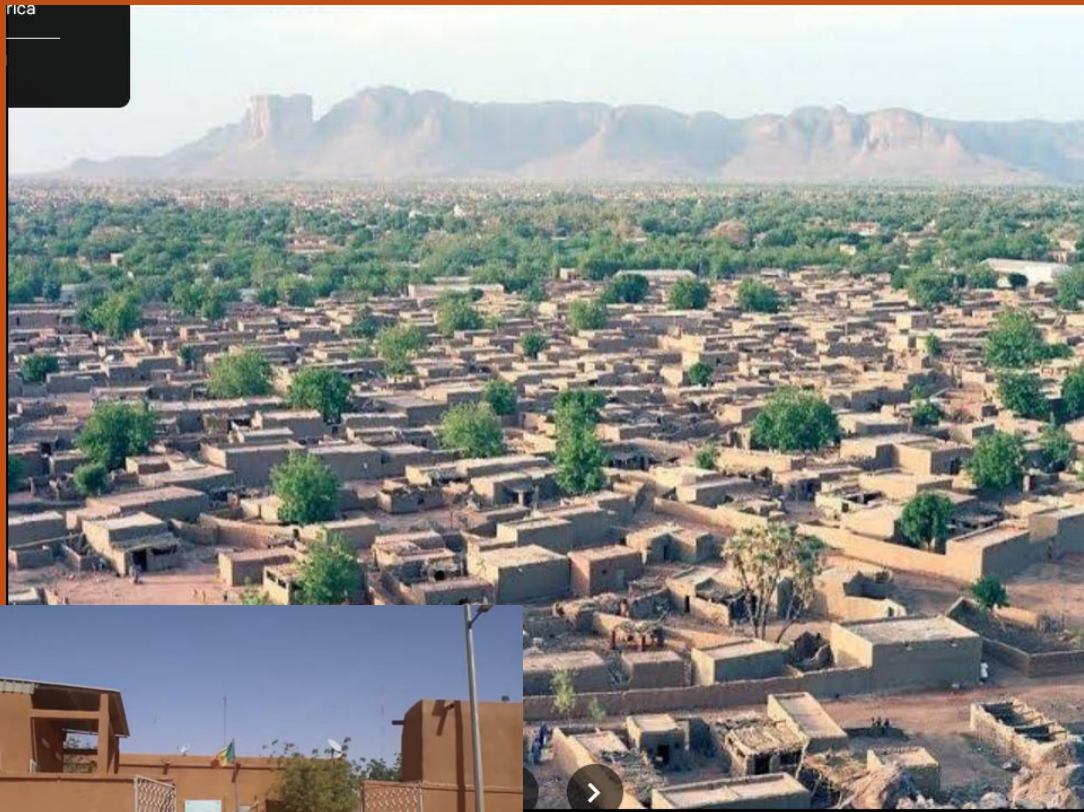


What did we do?

- Developed a guidance note (one of twelve)
 - Based on literature review and expert input
- Tested guidance as it was being developed
 - Shared with local IMC teams and engineers
 - Feedback incorporated in final version



Test locations



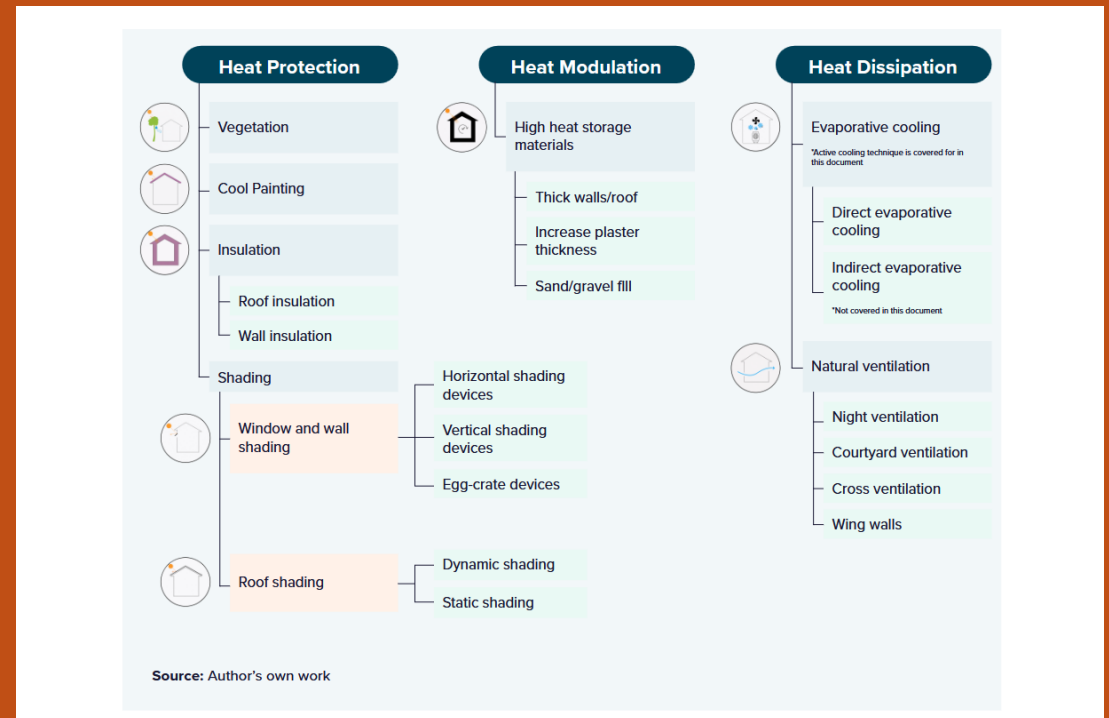
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Bria, CAR

What's in the guidance?

- Seven overall strategies
 - How it works
 - Contexts in which works
 - Notes on application (including risks, combinations)
 - Further reading



What did we learn (research)?

- Evidence limited – often refers to buildings that are designed to be actively cooled
- Evidence hard to compare – different units of measurement
- ‘What works’ is very contextual (arid / humid and local)
- Strategies work best in combination
- Fewer options in humid environments
- Fewer options for temp shelters

What did we learn (testing)?

- Guidance useful – provided info and explanations (country teams)
- Passive cooling worked (according to user perceptions and models)
- Although not all strategies...
- But very difficult to measure (not = air temp!)

Extreme Heat Early Warning Systems

Carolina Pereira Marghidan
Red Cross Red Crescent Climate Centre

Heat Action Day

Aynur Kadihasanoglu

Red Cross Red Crescent Climate Centre



HEAT ACTION DAY

June 2



Climate
Centre



American
Red Cross



GLOBAL HEAT HEALTH
INFORMATION NETWORK

Aynur Kadihasanoglu
Senior Urban Advisor
Red Cross Red Crescent
Climate Centre

Based in Geneva, Switzerland

kadihasanoglu@climatecentre.org

Heat Action Day, June 2

Goal: to raise public awareness about the rising risks associated with extreme heat and inspire simple actions to prevent impacts.

Theme of 2026: **Indoor heat risk**



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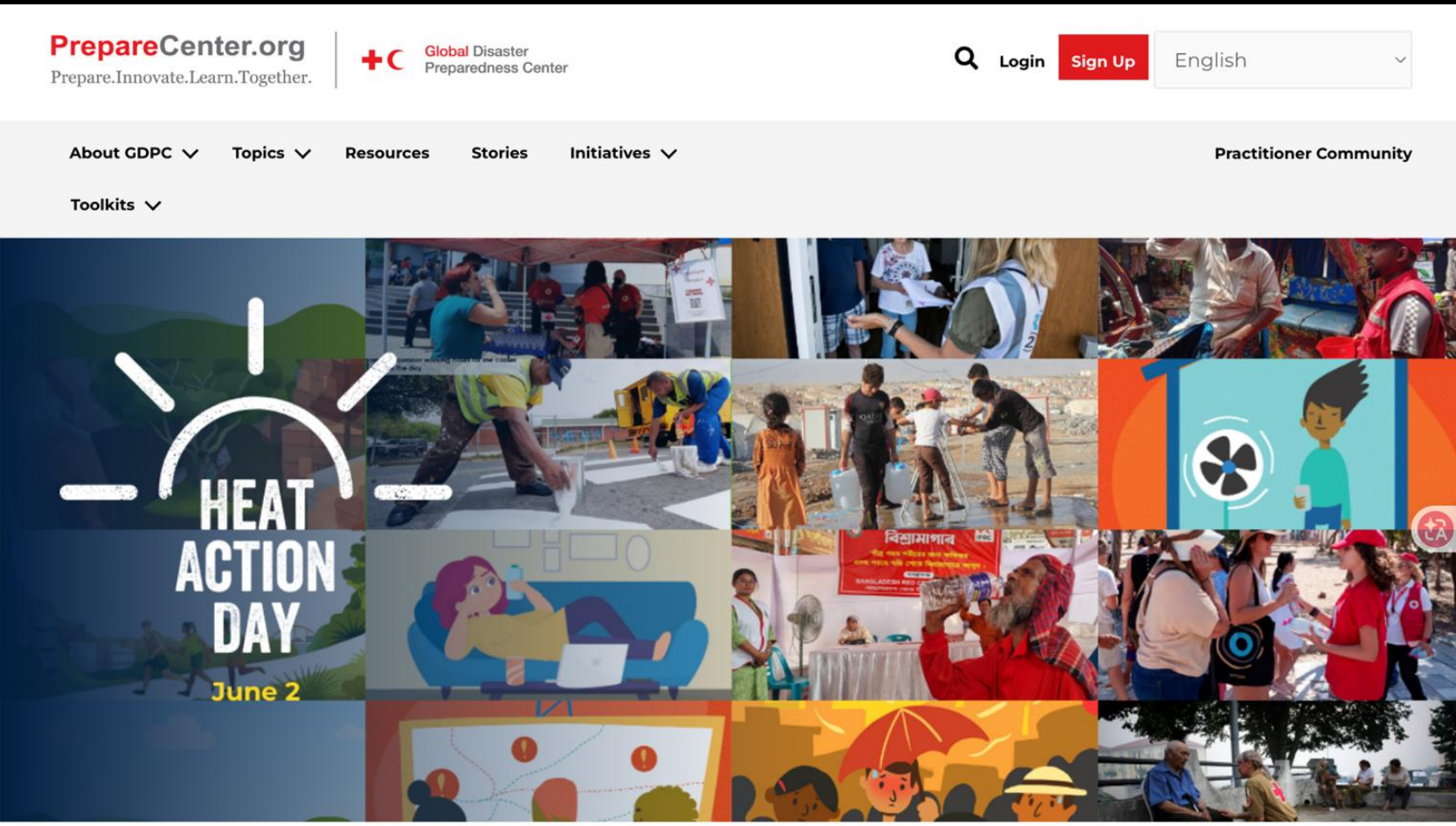
GLOBAL HEAT HEALTH
INFORMATION NETWORK

Last editions – 2022-2025

- Steady growth—over 250 organizations participated in 2025
- Messaging about heat stress and heat stroke
- Public awareness campaigns
- Flash mobs, creative acts, poetry, urban art, targeted first aid campaigns, etc.
- Social media **#BeatTheHeat**
- Press Briefing by Climate Centre & IFRC President



Learn more about HAD



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TheHeat

Home - HAD 2026



Learn about Heat Action Day

@ 1



Useful resources about heat



Heat exhaustion can progress to life-threatening **heat stroke**.

Look for:



What to do:



HAD 2026 Key Messages
EN/ES/FR/AR/RU

Communication assets



📌 [Evidence-Based Communication Strategies...](#)

This series of guidance notes presents evidence-based communication...

📌 PrepareCenter

Heat exhaustion can progress to life-threatening **heat stroke**.

Posters



Heat impacts

@ 1

HAD 2025 videos
stroke and exhaustion

Reproduce the video in your language.



Watch and download information videos

Fact or Myth?

With older age, our thirst response becomes weaker.

This is a fact! Feeling thirsty is your body's way of letting you know you need water. However, as we age, our thirst response becomes weaker and our kidney function declines.

This increases the risk of older adults becoming dehydrated and suffering from heat-related impacts.

Note: Also young children are at higher risk from dehydration as they cannot communicate their need for water.



Fact or Myth?

It's best to stay indoors during periods of extreme heat.

This is a myth! Although people are often advised to stay inside during an extreme heat event, indoor temperatures may be higher than outdoor temperatures.

For example, a shaded area in a park may be cooler than an apartment near the top of a building that does not have mechanical cooling. Always follow local public health advice and seek out safe cool spaces. Avoid direct exposure to the sun during peak hours, seeking shade or staying indoors if it's cooler instead.

Fact or Myth?

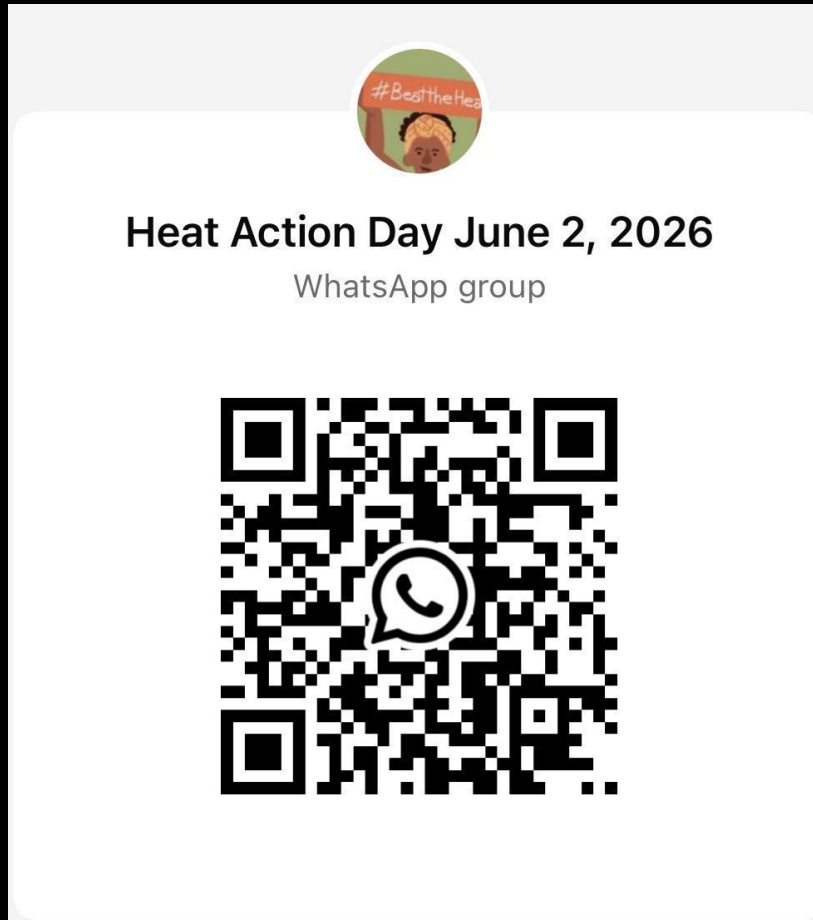
On extremely hot days, entering a place with air conditioning is not recommended due to the shock caused by the temperature difference

This is a myth!

Moving between extreme temperatures, such as stepping from a very hot outdoor environment into an air-conditioned space, can cause some discomfort.

However, this is typically more of a **concern for people with pre-existing health conditions like heat sensitivity or respiratory issues**. For most people, it's safe to enter an air-conditioned space during a heatwave.

Join our WhatsApp group



Submit your project by May 30!

Please share your photos or videos with Megan.Allday4@redcross.org so that your inspiration may inspire others to take action and spread the word about Heat Action Day!

Closing

- Extreme heat is a significant challenge for humanitarian operations
- The hazard can be managed
- But, extreme heat is not well integrated into humanitarian operations at present
- Please send any comments or questions to environmentoperations@sheltercluster.org

Looking Forward ...

- Monthly webinars planned through the end of 2026
- Webinar #2 (26 May, same time) will cover
 - Better Shelter's guidance on addressing extreme heat,
 - The use of Shade Nets in humanitarian operations, and
 - More on plans and activities for Heat Action Day, 2 June 2026
- If you would like to be on the contact list for future Extreme Heat Webinars, please send an email to environmentoperations@sheltercluster.org.
- If you have any questions on extreme heat or topics for another webinar, please send an email to environmentoperations@sheltercluster.org.