

Guide for Participating in Heat Action Day 2026



REGISTER HERE!

Heatwaves are becoming more frequent, longer, hotter, and deadlier as a result of climate change. Every year, heatwaves put millions of people at risk of heat-related illnesses and claim the lives of thousands. Launched in 2022 by IFRC, this will be the 5th edition of **Heat Action Day** ([HAD](#)) and we are aiming for an even bigger, better and even farther-reaching HAD this year, after a very successful 2025 when over 250 locations hosted HAD events!

HAD is spearheaded by the Red Cross Red Crescent (RCRC) National Societies and branches around the world, joined by the cities and many other partners such as the UN Environment Programme, WMO, WWA, GHHIN, Global Cities Hub, ICLEI, C40, Zurich Climate Resilience Alliance, Klimaatverbond Nederland and MCR2030. HAD is a global event that takes place on **Tuesday, June 2** (it takes place on June 2nd every year). We recognize that this might not fall during the hot season for every region around the globe, yet we believe it is impactful to have one coordinated day of action.

The **theme of HAD 2026** is “indoor heat risk: Recognizing and taking actions against the health risks we face indoors”. We invite you to be creative in engaging your local community in demonstrating how to recognize the symptoms, and what to do to help. HAD 2026 is planned as an entire day full of activities including the following:



1. **Cities to light up their public landmarks in orange for the HAD**
2. **RCRC National Societies and all other concerned organizations:**
 - a. to create events, skits, plays, games, etc. to demonstrate how to recognize the signs of indoor heat risk, and how to help
 - b. to engage experts, media, movers and shakers to spread the word about recognizing the signs of, preventing and treating excessive indoor heat
3. **In advance of HAD:** ask people / students / children around the globe to send in their cartoons / drawings / paintings / data visualizations related to indoor heat, how to recognize, prevent and treat it, and its impacts. We will create an online project booklet from this to be shared widely after June 2.

Let's come together on this coordinated day of Heat Action to speak about extreme heat. Whether you're sparking awareness through trainings or organizing vibrant public events, join us in taking concrete steps to #BeattheHeat and make a difference on #HeatActionDay!

Scan the QR code in the link below to Join our WhatsApp Group to be informed and inspired.

https://chat.whatsapp.com/LJYinAu0iZNKQvt14Xbemh?mode=gi_t

Thank you for your interest in participating in Heat Action Day 2026!
For questions or suggestions, contact us at: Megan.Allday4@redcross.org

Steps to participate in Heat Action Day 2026:

1. **Attend the HAD "information sessions"** to be held at 09:00 CET (Geneva time) and 09:00 US Eastern Time (New York time) on April 14 and May 5 (Zoom links provided via email), for inspiration and guidance on how to participate and share your thoughts.
2. **Build your HAD team of staff/volunteers:** gather your colleagues and volunteers to form a dynamic HAD team ready to take action.
3. **Connect and Collaborate:** Reach out to a wide variety of partners and Red Cross/Crescent National Societies and Branches to amplify your impact and plan your heat actions together. Contact the city administrations to collaborate in activities for HAD. We ask the cities to light up landmarks/monuments/ bridges etc. **orange** for Heat Action Day.
4. **Budget your HAD:** identify your own resources (e.g. volunteers, venues, materials etc.) for your HAD activities (no external funding is available for National Societies or any other participating organization)
5. **Craft your compelling key messages to share before and during HAD:** develop powerful heat messages using our guidance tailored to/translated into your local language(s), resonating

with your community. Make sure the messages are in line with the recommendations contained in the [Key Messages document](#).

6. Choose your *Heat Actions*:

- a. “Light” (no/low resources, little preparation needed):
 - i. Get your main local monument, tower, bridge lit up orange for Heat Action Day
 - ii. Share key messages on extreme heat social media
 - iii. Showcase a previous heat event including its impacts, response, vulnerable groups on social media
 - iv. Promote the collaborative Project Book in advance of HAD, to be launched on June 2nd
- b. “Medium” (medium resources required, start preparing activities 3-4 weeks in advance, no to little budget required):
 - i. Organize a workshop to evaluate a previous heat event to improve preparedness - internally or with partners
 - ii. Organize creative events to demonstrate how to recognize indoor heat risks
 - iii. Organize a public heat awareness campaign focused on indoor heat risk, e.g. visiting a school, conducting a door-to-door campaign, or setting up a cooling station with educational resources in your town’s main square
 - iv. Interview local experts (e.g. doctor, public health expert, etc.) on heat impacts on public health – for TV, radio, or social media
- c. “Advanced” (high resources required, start preparing activities 4-6 weeks in advance):
 - i. Organize a community heat mapping exercise
 - ii. Organize a public event with music or dance, e.g. a flash mob

7. [Register](#) and share your HAD Plans with us and the world: let us know your strategies and ideas for HAD. Together, we can make a difference!

8. **Execute and Share:** Take action on your plans and share your activities on social media using the hashtags: #BeattheHeat and #HeatActionDay.