

# LISTOS CALIFORNIA

## EMERGENCY PREPAREDNESS TIPS



### STAY SAFE IN EXTREME HEAT

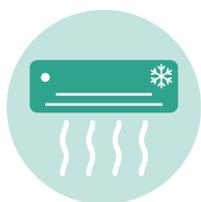
**Extreme heat is very dangerous for your health, especially when high heat lasts two or more days and nights. Make sure you find ways to stay cool and help others stay cool.**



#### Watch for Signs of Heat Illness

Extreme heat puts a lot of stress on your body and can be deadly. The California Department of Public Health recommends learning the signs and how to help someone with heat illness:

- **Heat stroke:** is when your body can no longer control its temperature. Look out for fever of 103 degrees F or higher, confusion, or loss of consciousness. Call 9-1-1.
- **Heat exhaustion:** can happen if your body loses too much water and salt through sweat. Look out for heavy sweating, weakness, dizziness, nausea, and headache. Take breaks and stay hydrated.



#### Keep Cool

When temperatures are very high, make sure to:

- Stay hydrated. Don't wait until you are thirsty to drink. Sip water throughout the day and consider supplementing with sports drinks.
- Wear loose, lightweight, light-colored clothing and a hat outdoors.
- Wear sunscreen and limit time in the sun.
- Slow down and avoid exercise during the hottest parts of the day.

Stay in air-conditioned buildings as much as possible.

- At home, keep blinds and curtains closed.
- If you do not have A/C at home or there is a power outage, visit a library, shopping mall, or a community center to cool down.
- Call your county to find locations of cooling centers.

If you work outside:

- Take breaks to cool down.
- Use the buddy system to check on each other for signs of heat-related illness.



#### Look out for Others

- For people who are 65 or older, heat can be especially dangerous. Make a plan with a friend, relative, or neighbor who will call or come check on you twice a day while it is hot outside.
- Bring pets inside. Make sure they have plenty of fresh water.
- Make sure everyone is out of the car whenever you park. Never leave a child, adult, or animal alone inside a parked vehicle.

