

PREPARE AND PROTECT YOURSELF FOR **HEAT SEASON**

**Heatwaves are longer, more frequent,
and more dangerous to your health!**

Who is Most at Risk?

- Outdoor workers
- People who are active outdoors
- Infants and children, pregnant women, elders
- People with chronic illness, such as asthma, heart disease, and diabetes
- Pollution-burdened areas experience excess hospitalizations and deaths (UCLA Heat Maps)



**CLIMATE EMERGENCY
MOBILIZATION OFFICE
CHIEF HEAT OFFICER**



What can you do to prepare?

STAY COOL AND HYDRATED



If you feel too hot, go somewhere cool and rest, like a cooling center.



Wear light-colored, lightweight clothing that breathes.



Take cool showers.



Avoid direct sunlight and limit caffeine.



Drink more water and carry a reusable water bottle.

LISTEN TO YOUR BODY

- **Learn the warning signs of heat illness:** heavy sweating, clammy skin, cramps, tiredness, dizziness, headaches, nausea, confusion, high body temperature.
- If you experience these symptoms and suspect heat stroke, **call 911 and seek medical attention immediately.**

STAY INFORMED

- Check local news and weather reports.
- Prepare, plan, and practice heat safety.
- Create a buddy system.
- Check on the elderly and anyone at risk.
- Sign up for EMD's alerts: **NotifyLA.org**
- Check the Cool Spots LA App or call 311 for cooling resources: **Climate4LA.org/CoolSpotsLA**
- Visit our website: **Climate4LA.org/Heat**



**SCAN HERE FOR
MORE INFORMATION**