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)

Heat Check! What can you do to prepare?

STAY COOL & 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 NotifyLA: NotifyLA.org
• Check the Cool Spots LA App or call 311 for cooling resources: bit.ly/CoolSpotsLA
• Visit our website: Climate4LA.org/heat

CLIMATE EMERGENCY MOBILIZATION OFFICE
CHIEF HEAT OFFICER

SCAN HERE FOR MORE INFORMATION