

# 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)

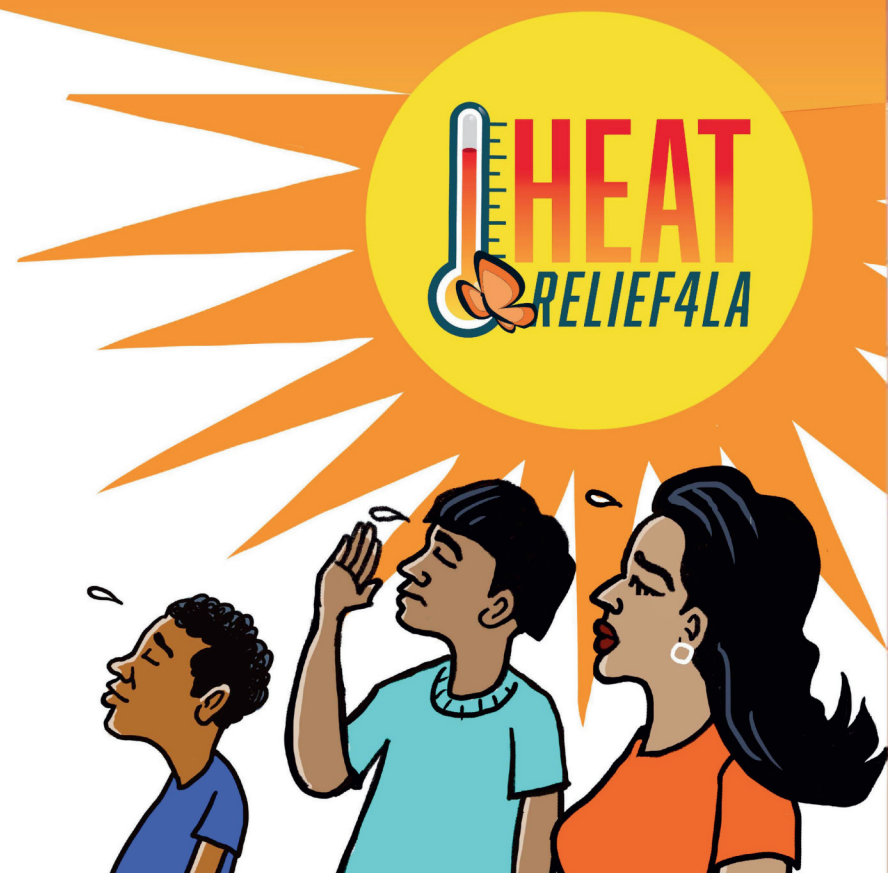
## Heat Check! What can you do to prepare?

### STAY COOL 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**



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