

MAKE THIS A SUMMER OF SAFETY



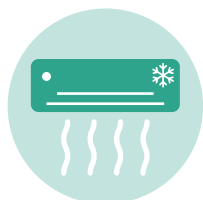
STAY SAFE IN EXTREME HEAT



Watch for Signs of Heat Illness

In the summer, multiple days and nights of hot weather can be very dangerous. Getting too hot can make people sick. California Department of Health recommends learning the signs and how to help someone with heat illness:

- **Heat stroke:** red, hot, dry skin; very high body temperature; dizziness; nausea; confusion, strange behavior, or unconsciousness; rapid pulse or throbbing headache. Call 9 - 1 - 1.
- **Heat exhaustion:** heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness and fainting. Move to a cool place and get medical help if vomiting or symptoms get worse or last longer than 1 hour.



Keep Cool

When temperatures are very high, make sure to:

- Stay hydrated. Don't wait until you are thirsty to drink.
- Wear loose, lightweight, light-colored clothing and a hat outdoors.
- Wear sunscreen and avoid too much sun.
- Slow down and avoid exercise during the hottest parts of the day.

Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning or if there was a power outage, find a public place you can go to get out of the heat:

- Libraries, shopping malls, and community centers can be cool places to take a break from the heat.
- Ask neighbors, friends, or family if they have a cool place you can hang out.
- Call your local county to find a location near you to keep cool.

If you work outside:

- Take breaks to cool down.
- Your employer must give you water, rest, and shade.



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. Temperatures inside a car can rise almost 20 degrees within the first 10 minutes causing heat stroke or death.

