

It's heat season, be ready

Heatwaves are becoming more frequent and more extreme in California. Here is what you need to know and how to get ready.



What is extreme heat?

Extreme heat is when it is 90° Fahrenheit (32° Celsius) or hotter for two or more days.



Know the signs of heat exhaustion

Heat exhaustion is when your body overheats due to long exposure to high temperatures. Your body may react in the following ways:

- Dizziness
- Headache
- Heavy sweating
- Muscle cramping
- Nausea
- Shortness of breath
- Weakness



Know how to recognize heatstroke

- Body temp over 103°F
- Confusion
- Fainting or passing out



Who's most at risk for heatstroke?

- Babies and young kids
- Outdoor workers
- People over 65
- People with asthma
- Pregnant women
- Unhoused individuals

Here's how you can get ready in case of extreme heat

The most important thing to do in an extreme heat event is to stay cool and safe however you can. Here are some important tips to know.

General tips

- Pay attention to the weather and reports.
- Drink water often and avoid alcohol or caffeine.
- Never leave children or pets in a car—not even for a few minutes.
- Talk to your doctor about your medications.
- Check on family, friends, and neighbors.
- Check on elderly neighbors or relatives who live alone.
- Go to calalerts.org/signup.html to sign up for emergency alerts.
- Visit the official U.S. government website at ready.gov/heat for more.



If you are indoors

- Stock up on food, water, and ice.
- Try to stay indoors between 10 a.m. and 4 p.m.
- Keep blinds and windows closed.
- Take cool showers or baths.
- Soak your feet or hands in cold water.
- Use air conditioning. Visit csd.ca.gov/energybills for help paying.
- No A/C? Use a fan early in the day and stay in a cool place.
- You can also go to a mall, library, cooling center, or movie theater.



If you are outdoors

- Avoid strenuous activity from 10 a.m. to 4 p.m.
- If working outdoors, start early in the morning.
- Pack plenty of water before you go out, if possible.
- Drink water often - don't wait until you're thirsty.
- Rest every 20 minutes in the shade or indoors.
- Wear light, loose clothes, a hat, and sunscreen (SPF 30+).
- If you feel dizzy or weak, stop right away and cool off.
- Go to a mall, library, cooling center, or movie theater to cool off.

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