

CALLING ALL NEIGHBORS

HEAT WAVE WARNINGS

Temperatures are going up and you can protect the health of your family and neighbors.



SHARE LIFESAVING TIPS

Protect yourself and your family first during heat waves and be prepared.

- Stay indoors during the hottest time of day, 10 a.m. to 4 p.m.
- Drink plenty of water.
- Avoid direct sunlight.
- For more information, go to the California Department of Public Health website [cdph.ca.gov](https://www.cdph.ca.gov) and search for Extreme Heat.



DO YOUR PART DURING A FLEX ALERT

Set thermostat to 78° or higher, if health permits, avoid using major appliances, turn off all unnecessary lights, use fans for cooling, and unplug unused items.



CHECK ON YOUR NEIGHBORS

Check on neighbors and others, especially if there are power outages during a heat event.

- Call or visit vulnerable people to check on them.



SERVICES

Call 211 to find a local cooling center, for non-emergency help and for questions.



LEND A HAND

Small children, older adults, those with medical conditions, and those without air conditioning are particularly vulnerable in extreme heat.

- Offer to pick up groceries, medication, and necessities for those who may be staying indoors.



SEEK MEDICAL HELP

Extreme heat kills. Begin cooling the victim immediately and seek medical care right away if you or someone you checked on has symptoms of heat-related illness. You may be dealing with a life-threatening emergency.

Call 911 for these symptoms:

- Muscle cramps
- Headaches
- Nausea
- Vomiting



STAY INFORMED

Check the local news for health and safety updates, heat advisories or heat warnings.



RESOURCES

- [California Department of Public Health: Extreme Heat](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Extreme-Heat.aspx)
- [Heat Preparedness Pocket Guides \(multiple languages\)](#)

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