



# NEWSLETTER

## Summer



**During The Summer, The City of Los Angeles Emergency Management Department And The Climate Emergency Mobilization Office (CEMO) Encourage You (And Your Pets) To Get Ready For The Heat.**



**Climate Models Predict That Extreme Heat Will Become More Frequent And Intense As Climate Change Continues.**

### **WHO'S MOST AT RISK?**

- **Outdoor Workers**
- **People Who Are Active Outdoors**
- **Infants And Children**
- **Pregnant Women**
- **Older Adults**
- **People With Chronic Illnesses, Such As Asthma, Heart Disease, And Diabetes**

FEMA's First Ever #SummerReady Campaign Aims To Reach Vulnerable Populations And Boost Awareness Of The Impacts Of Extreme Heat And Outline The Simple Steps You Can Take To Prepare. Although In Los Angeles The Hottest Month Has Historically Been In September, We Encourage All Residents To Prepare For The Heat Season Which Extends To Mid-November.

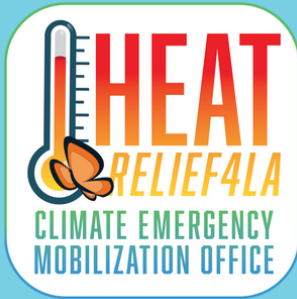
### **HEAT RELIEF 4 LA** **CAMPAIGN 2024**

LA's Heat Waves Have Gotten Longer, More Frequent, And More Dangerous. We All Have To Work Together To Stay Safe From The Potentially Fatal Health Risks Of Extreme Heat! The City Of LA Is Working To Ensure That All Angelenos, Especially The Most Vulnerable Communities, Know What To Do And Where To Go During A Heat Emergency.

**STAY COOL**



## TIPS FROM THE CHIEF HEAT OFFICER



## STAY COOL AND HYDRATED

- If You Feel Too Hot, Go Somewhere Cool, Like A Cooling Center, Public Library, Or Under The Shade.
- 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, Non-sweating (which is a sign of heat stroke), 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 emergency alerts at [NotifyLA.org](https://NotifyLA.org)
- Check The Cool Spots LA App Or Call 311 For Cooling Resources- [Climate4LA.Org/CoolSpotsLA](https://Climate4LA.Org/CoolSpotsLA)
- Visit CEMO's Website: [Climate4LA.org/Heat](https://Climate4LA.org/Heat)



## HYDRATION STATIONS

As Part Of LA's Green New Deal, LADWP Has Partnered With LA Recreation & Parks and General Services To Open And Maintain Hydration Stations Throughout The City. The New **Hydration Stations** Are Being Placed In Mostly Public Areas In All 15 City Council Districts Throughout The City To Allow People To Also Fill Their Reusable Water Bottles With Clean, Refreshing Water.

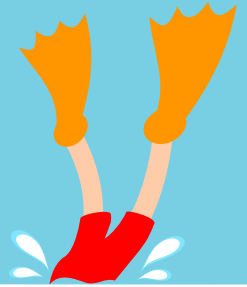
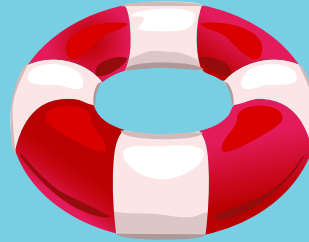
## COOL OFF AT OUR COOLING CENTERS

All City Libraries Will Serve As Cooling Centers During Normal Operating Hours. When There Is A Heat Wave Alert, LA City Will Also Offer Extended Hours At Some Of Our Recreation And Parks Facilities.

**Find A Cool Spot Near You With The Cool SpotsLA App**

# SUMMER SWIMMING

- Don't Go In The Water Unless You Know How To Swim
- Never Swim Alone
- Make Sure The Body Of Water Matches Your Skill Level
- If You Do Get Caught In A Current, Don't Try To Fight It; Stay Calm And Float With It, Or Swim Parallel To The Shore Until You Can Swim Free
- Swim In Areas Supervised By a Lifeguard
- Don't Push Or Jump On Others
- Don't Dive In Unfamiliar Areas
- Never Drink Alcohol When Swimming



**Did you know! You can drown in just a couple of inches of water**

## FIREWORKS SAFETY

**FIREWORKS ARE ILLEGAL IN THE CITY OF LOS ANGELES**

However, If You Live in An Area Where Fireworks Are Allowed, Follow These Safety Guidelines:

- Never Allow Young Children To Handle Fireworks
- Never Use Fireworks While Impaired By Drugs Or Alcohol
- Never Ignite Devices In A Container
- Anyone Using Fireworks Or Standing Nearby Should Wear Protective Eyewear
- Never Hold Lighted Fireworks In Your Hands
- Never Light Them Indoors
- Only Use Them Away From People, Houses And Flammable Material
- Never Point Or Throw Fireworks At Another Person
- Only Light One Device At A Time And Maintain A Safe Distance After Lighting



**Learn More At The National Safety Council**

# OUTDOOR COOKING

- Place Your Grill Well Away From Siding And Deck Railings And Out From Under Leaves And Overhanging Branches
- Clean Your Grill Regularly
- Check Your Grill For Problems
- Be Ready To Put Out A Fire
- Use Caution When Using Lighter Fluid
- Don't Turn On The Gas While The Grill Is Closed
- Use Long-Handled Utensils And Grill Mitts When Using Your Grill To Prevent Burns
- **Never Leave A Grill Unattended**



## BURNS

- Remove Any Clothing Or Jewelry That Is Not Stuck To The Burn Site.
- Cool The Burn As Soon As Possible Under Clean, Cool, Running Water For 20 Minutes. If Clean, Cool Running Water Is Not Available, Use Clean Lukewarm Water Or Apply A Cool Or Cold Compress.
- Never Use Ice, Ice Water, Or A Freezing Compress To Cool A Burn. Doing So Can Cause More Damage To The Skin.
- Leave The Burn Uncovered.
- If 911 Was Called And Is Delayed Or Transport Is Needed, Cover The Burn Loosely With A Sterile Dressing, A Clean Dressing Or Plastic Wrap, If Necessary.
- Continue To Watch For Changes In Condition And Give Care As Appropriate.
- For Small Area Burns, Apply Soothing Lotions That Contains Aloe Vera To The Burned Area To Help Relieve The Pain And Discomfort.



Learn More At [Ameriburn.org](http://Ameriburn.org).