

BEAT THE HEAT

STAY HEALTHY & SAFE THIS SUMMER



Drink water

Stay hydrated & don't wait until you're thirsty.



Avoid peak times

Stay indoors during the hottest time of the day from 10AM - 4PM if possible.



Keep cool

Protect your skin from direct sunlight to prevent sunburn.



Look before you lock

Never leave children or pets inside the car. Protect them from heatstroke.



Wear sunscreen

Apply sunscreen before going outdoors. Reapply every 2 hours.



Protect your eyes

Wear sunglasses to protect your eyes from UV rays.



Seek shade

Use a tree, umbrella or tent to protect you from the sun.

Summer is Here! Are You Ready for the Heat?

Summer is here and the temperatures are going up. It's that time to keep in mind the effects of warmer temperatures and take appropriate precautions to protect your health and safety. Each year approximately 20 people die from heat-related emergencies and countless others visit emergency rooms with heat-related issues. Use these tips to help keep your cool this summer.

The National Weather Service issues a number of Watches, Warnings, and other products to alert the public about severe weather events. Be prepared for severe weather by educating yourself on the differences between Warnings, Watches, and Advisories and how the warning process works. See [Watches, Warnings, or Advisories](#) from the National Weather Service.

Beat the heat this summer by:

1. **Drinking plenty of fluids.** Don't wait until you're thirsty.
2. **Never leave infants, children, or the frail elderly unattended in a parked car.**
3. **Dressing in lightweight, loose-fitting clothing.** Use a hat and sunscreen as needed.
4. During the hottest parts of the day, **keep physical activities to a minimum** and stay indoors in air-conditioning and out of the sun.
5. **Open windows in the early mornings** to allow the fresh cooler air to circulate when appropriate.
6. **Use fans as needed.** They cost less to run than Air Conditioning.
7. **Signup for Emergency Alerts**
 - Sign up for Alert SouthBay emergency notifications by scanning the QR Code or by texting "alertsrb" to 888-777 or visiting alertsouthbay.com. Download the free **MyRPV app** to your devices



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Heat waves are a leading cause of extreme weather-related deaths in the U.S.

Who's at RISK in EXTREME HEAT?

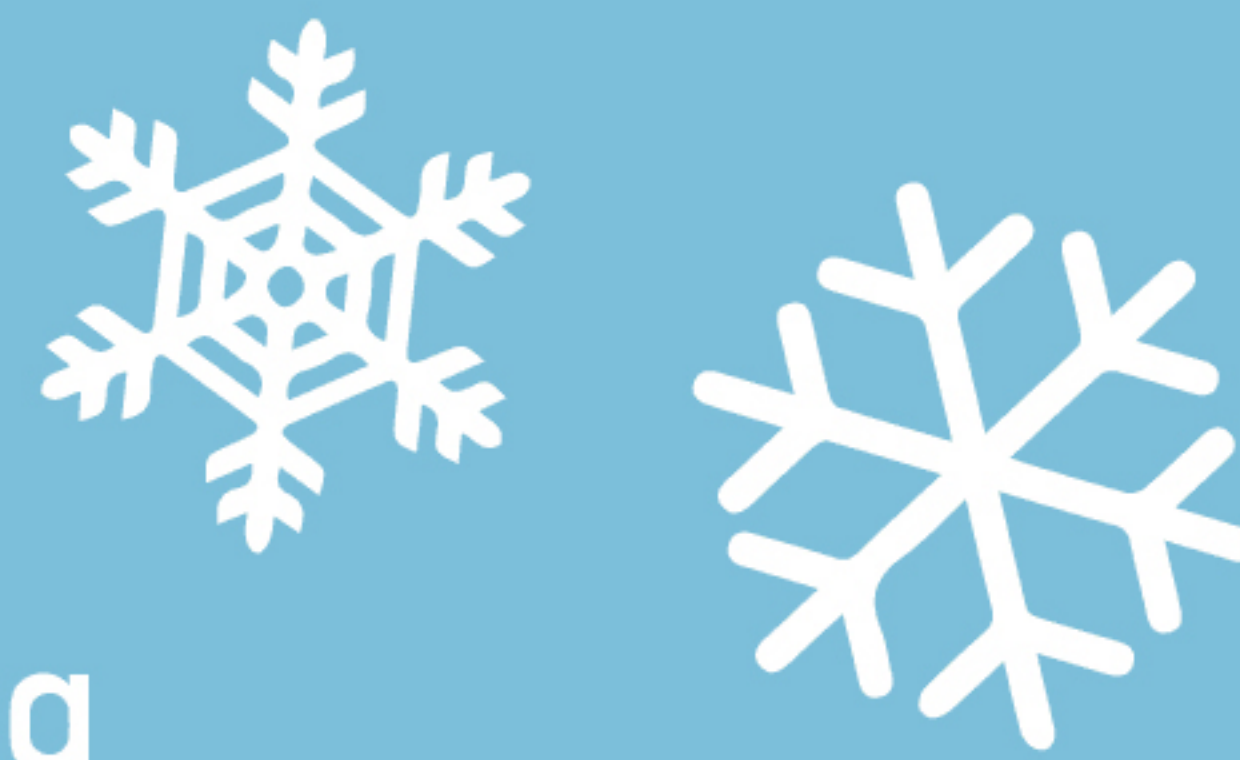


Adults over 65, children under 4, people with existing medical conditions, and those without access to air conditioning

What can you DO?

Stay Cool

- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Keep home cool by turning on air conditioning or running fans
- Take cool showers or baths



Stay Hydrated

- Drink more water than usual
- Don't wait until you're thirsty to hydrate
- Avoid alcohol or liquids containing large amounts of sugar
- Remind others to drink enough water throughout the day



Stay Informed



Visit Cal OES's Heat Resources page to learn more about how you can protect yourself and your loved ones in extreme heat at caloes.ca.gov



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