



# HEAT SAFETY

During hot days, make sure to take steps to stay safe.

*Remember, excessive heat is deadly, causing more deaths than all other weather events, including floods and tornados! Heat kills by pushing the body beyond its limits, making it work extra hard to maintain a normal temperature.*

## 1. Stay indoors on hot days, in a place with air conditioning

- ✓ Keep your home cool. Cover windows with shades and set your air conditioning thermostat between 75 -80 degrees!
- ✓ DON'T use electric fans when the temperature outside is 95+ degrees. Fans at this temperature create air flow and a false sense of comfort, but do not reduce the temperature in extreme heat.



**If you don't have A/C,** Find a place to get relief from the heat during the warmest part of the day like the mall or library.

**If you must go outside,**

- ✓ Wear loose, lightweight, light-colored clothing and a hat!
- ✓ AVOID high energy activities or reschedule to the coolest time of the day (usually 4-7 a.m.)

## 2. Stay cool and hydrated

- ✓ Drink plenty of water, especially if exercising or working.
- ✓ Eat small, easy to digest meals (ex. fruits or salad)
- ✓ Avoid alcohol, caffeine, hot & heavy meals, and salt tablets. (unless recommended by a physician)
- ✓ Take a cool bath/shower or put wet towels on your head/ body.
- ✓ Avoid extreme temperature changes (ex. air out a hot car before entering).



## 3. Avoid heat related illness

- ✓ Check yourself, family, and neighbors for signs of heat related illness.
- ✓ Cool down anyone showing signs of heat related illness. Call 911 if you suspect heat stroke.
- ✓ Never leave a person or animal alone inside a vehicle on a warm day, it is illegal and can be lethal. Call 911 if you see a child or animal that's left alone in a car on a warm day. *Parked car's interior can reach over 120 degrees in less than 5 minutes, even with the window partially open, & a shady spot or foggy day can quickly turn into direct, hot sunlight*
- ✓ Ensure that your animals' needs for water and shade are met. *Remember that asphalt, concrete, and truck beds can become very hot to the touch. Paw pads can be burned on these surfaces.*



Heat Exhaustion	Heat Stroke
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>• Move to a cooler area</li> <li>• Loosen clothing</li> <li>• Sip cool water</li> <li>• Seek medical help if symptoms don't improve</li> </ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

Learn more about extreme heat readiness: <https://www.epa.gov/sites/default/files/2016-10/documents/extreme-heat-guidebook.pdf>

## Stay Informed and Get the ALERTS!



**Sign up for RPV Emergency Alerts with Alert SouthBay:** Text AlertSB to 888777, online at [alertsouthbay.com](http://alertsouthbay.com), download the free Everbridge app on Google Play or the App Store



**Know Your Zone.** Visit [PVPReady.gov](http://PVPReady.gov) find your emergency zone and view a live map of current zone statuses. This information will also be provided in emergency alerts from Alert SouthBay.



**Download the MyRPV App** on your device to stay connected to what is happening in the city.



## Mark your calendar

**Community Emergency Response Team Training** - September 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> 9am - 5pm, YMCA in San Pedro: <https://lacountyfire.galaxydigital.com/event/>

**BUILDING YOUR EMERGENCY SUPPLY KIT**

This month's item: Water. Have enough drinking water to last you and all household members, including animals, for two weeks at home and for 3 days in your go bag. Don't forget a bowl for pets!

To have this monthly message from the Emergency Preparedness Committee (EPC) sent to your inbox, sign up here: <https://www.rpvca.gov/list.aspx>.  
For additional information and resources, please contact the EPC at [EPC@rpvca.gov](mailto:EPC@rpvca.gov) or (310) 544-5209 .





# PETS

## SAFETY TIPS

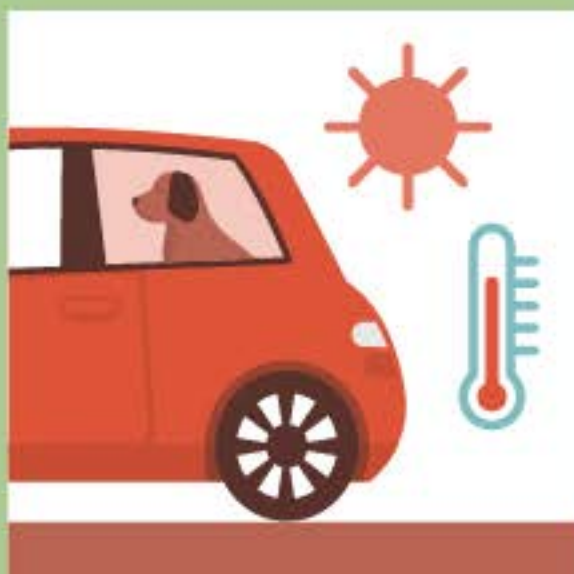
### Hot Weather Rules For Pets



KEEP YOUR PET  
HYDRATED



KNOW SIGNS OF  
OVERHEATING



DON'T LEAVE YOUR  
PET IN THE CAR



KEEP PAWS AWAY  
FROM HOT PAVEMENT



# Why You Should Never Leave Your Pet in a Hot Car

We love bringing our pets everywhere with us. But with warm weather just around the corner, you may not be aware of the dangers of leaving your furry pal in a hot car.



## Inside Car Temperature vs. Outside Temperature

The temperature inside of a car is significantly higher than the temperature outside, and continually increases with time. For example:

If it's 85 degrees outside, the car temperature can increase to...

- 🔥 104 degrees in just 10 minutes.
- 🔥 114 degrees in just 20 minutes.
- 🔥 118 degrees in just 30 minutes.

That would be *too hot* for us, let alone our pets!

## It's *Never* Just a Few Minutes

You never know when you might get held up in a store, or any situation where you think leaving your pet in the car will be okay.



Did you know that *it only takes 5-10 minutes* for a heatstroke to affect your pet?



## Keep 'em *Inside!*

When it gets too hot outside, don't risk bringing your fur baby along for the ride. The best place for your pets when it's warm outside is home!

If you see a pet inside of a hot car, *call your local police station or animal control*, and stay by the vehicle until help arrives!

