



# JULY NEWSLETTER

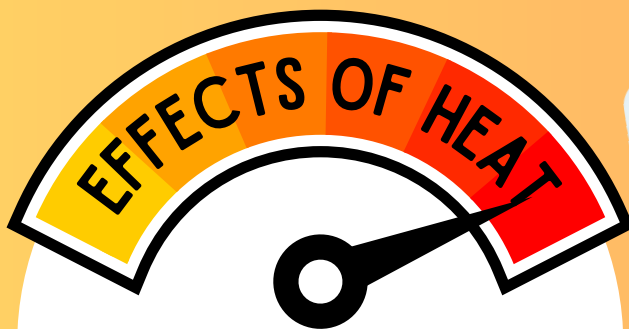


## A MESSAGE FROM EMD AND CEMO:

**LA's heat waves have gotten longer, more frequent, and more dangerous. We all have to work together to stay safe from potentially fatal health risks of extreme heat.**

- Pay attention to the latest weather news
- Plan ahead for the heat: stay in the shade/cool places
- Drink much more water (not caffeine or alcohol!)

**The City of LA is working to make sure that every community has access to health-saving resources such as cooling centers, hydration stations, shade from trees, and more to protect all of us from extreme heat!**



### Who is at risk for heat-related illness?

**Anyone!** Especially outdoor workers, older adults, children, individuals who have chronic conditions, and people with disabilities

### What does heat exhaustion look like?

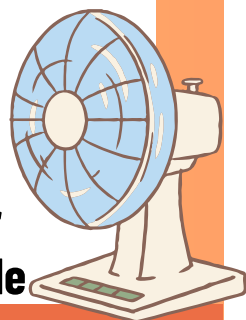
High body temperature, dizziness, nausea, fatigue, headache, clammy skin

### When should I call 911?

Call 911 if you experience confusion, slurred speech, fainting, or cannot sweat.

## COOLING DOWN

- Call **311** or check the Cool Spots LA App to identify your closest cooling center and hydration center
- If you feel hot, immediately go somewhere cool and rest
- Wear light colored, lightweight, loose-fitting clothing
- Take breaks in the shade when spending time outdoors
- Avoid direct sunlight
- Drink extra water throughout the day
- Stay in cool shady areas or indoors as much as possible





# BEAT THE HEAT!

## WITH HELP FROM THE LA CITY FAMILY



### COOL LA

**Purpose:** A Program designed to help LA DWP customers manage heat risks while offering rebates on certain cooling units.

**Best for:** Individuals - especially underserved and elderly - looking to mitigate heat risks in a fiscally responsible manner.



### READYLA

**Purpose:** A website with free tools and resources to help individuals and families prepare for any event or disaster.

**Best for:** Neighbors getting to know each other using Ready Your LA Neighborhood (RYLAN) to keep an eye on vulnerable neighbors and pets during heat events.

### NOTIFYLA

**Purpose:** An opt-in alert system to notify participants about local emergencies - including heat waves - through phone, email, or text.

**Best for:** Individuals looking to stay aware of local crises.



### #HEATRELIEF4LA

**Purpose:** A campaign centered around providing Angelenos with accessible information on heat safety and heat illness prevention from reliable networks and agencies across the city.

**Best for:** Anyone looking for more in-depth resources and mapping tools on heat safety or to spread the message via social media with #HeatRelief4LA.



### COOL SPOTS LA

**Purpose:** An interactive app that allows users to find cooling spots, hydration stations, public pools, and more places to shelter from the heat near their location.

**Best for:** Anyone looking to escape the heat!

