5 STEPS TO PREPARE FOR ANY DISASTER

STEP 1. GET ALERTS

Set up tools on your phone to get emergency alerts and public safety warning messages where you live and work at **CalAlerts.org**

STEP 2. MAKE A PLAN

Discuss how loved ones will get to safety and find each other.

STEP 3. PACK A GO BAG

Pack important documents ahead of time. Be ready to grab keys, wallet, phone/charger, medication, and personal items.

STEP 4. MAKE A STAY BOX

Pack supplies for at least 3 days at home with no water or power: food that won't spoil, water, plastic bags/bucket for toilet, flashlight, radio, and batteries.

STEP 5. HELP OTHERS

Be ready to help those in need.

RESOURCES

CalOES.ca.gov
State guides, alerts, and resources

ListosCalifornia.org
Disaster readiness, response, and recovery

CDPH.ca.gov
Prevent and treat heat-related illnesses

FlexAlert.org
Sign up to use less power in extreme heat

99Calor.org
Learn about heat illness prevention

QUICK GUIDE TO SAFETY

Before, During, and After

EXTREME HEAT

LISTOS CALIFORNIA
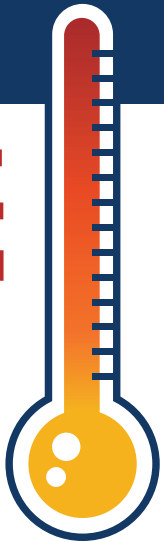
Cal OES
GOVERNOR'S OFFICE OF EMERGENCY SERVICES

BEFORE EXTREME HEAT

Make sure your air conditioner is working.

If you don't have air conditioning, learn where you can go to get cool. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

Heat waves can be dangerous. If you are 65 or older, make a plan with a friend, relative, or neighbor who will call or come check on you twice a day. If you work outdoors, talk to co-workers about looking out for each other.

Pets and livestock can get sick from heat too. Prepare to watch for increased panting or difficulty breathing, and increased heart rate. Have the number of your veterinarian ready.

Prepare for power outages. High temperatures increase power needs for cooling and energy systems overload.

DURING EXTREME HEAT

When temperatures are very high, make sure to:

- **Stay hydrated. Don't wait until you're thirsty to drink.**
- **Wear loose, lightweight, light-colored clothing and a hat outdoors.**
- **Wear sunscreen and avoid too much sun.**

Make sure everyone is out of the car whenever you park. Never leave a child, adult, or animal alone inside a parked vehicle. Temperatures inside a car can rise almost 20 degrees within the first 10 minutes causing heat stroke or death.

Slow down and avoid exercise during the hottest part of the day. On extremely hot days, have children play indoors.

If you work outside, take breaks to cool down. Your employer must provide you with water, rest, and shade.

Bring pets inside. Make sure they have plenty of fresh water.

Extreme heat makes air quality worse. Children, older adults, pregnant people, and those with respiratory and other conditions should limit outdoor activities.

Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning or the power is out, call your local or county authorities to find places near you to keep cool.

Check with local / regional transit agencies about free or discounted rides during heat waves to help you get to places where you can stay cool.

Seek medical care immediately if you have, or someone you know has warning signs and symptoms of heat-related illness.

Help keep the power on for everyone by using less of it. Keep thermostats at 78 degrees or higher and shut off lights not being used.

Check in on a friend, neighbor, or co-worker and have someone do the same for you.

Getting too hot can make people sick. The California Department of Health recommends learning the signs and how to help someone with heat illness:

HEAT STROKE: Red, hot, dry skin; very high body temperature; dizziness; nausea; confusion, strange behavior or unconsciousness; rapid pulse or throbbing headache. Call 9 - 1 -1.

HEAT EXHAUSTION: Heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness, and fainting. Move to a cool place and get medical help if vomiting or symptoms get worse or last longer than 1 hour.

AFTER EXTREME HEAT

Hot days and nights can be stressful, make you tired, and put you in a bad mood. Reach out to family and friends if you need support.