



# Extreme Heat



- Why It's an Issue
- Heat Illness
- Heat Illness Prevention
- Extreme Heat First Aid
- Activities to Avoid
- Keeping Cool
- Extreme Heat Resources



# Why It's an Issue

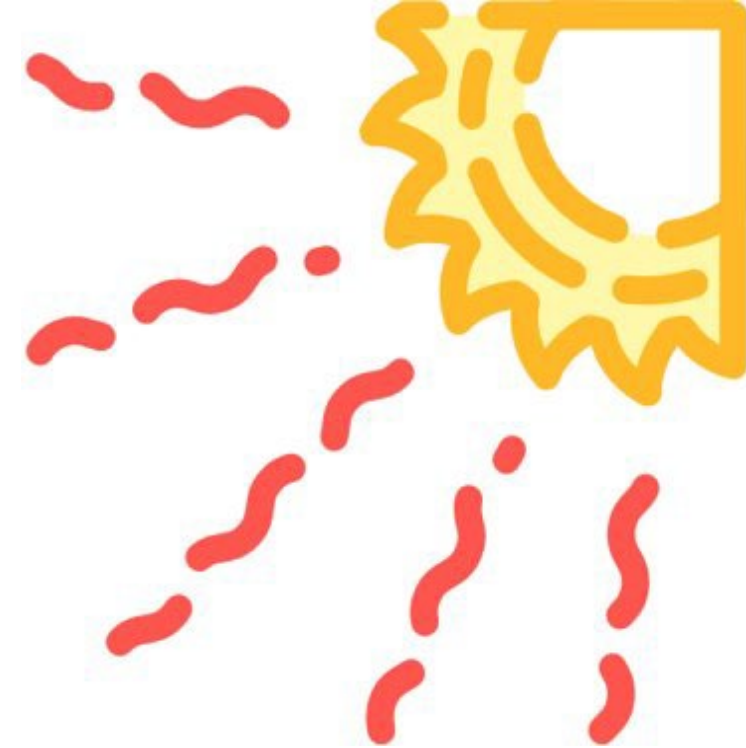


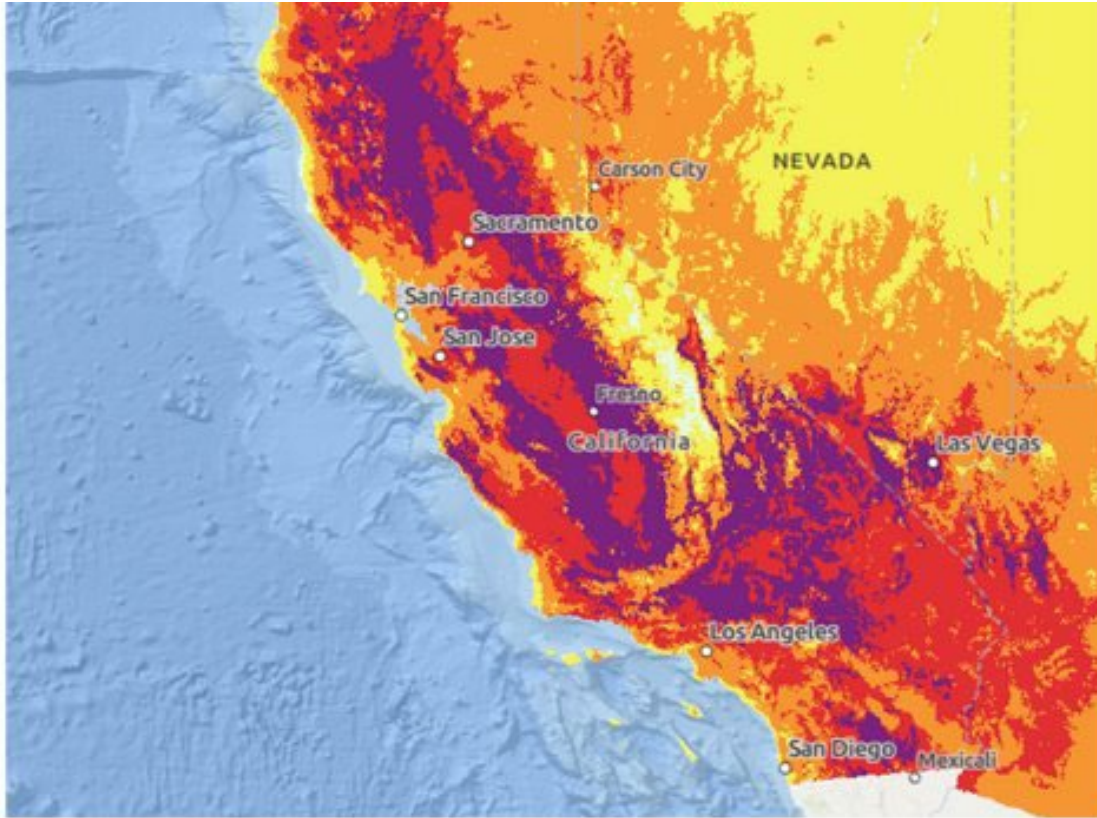
## Extreme Heat

- A period of high heat and humidity
- Temperatures above 90 degrees
- Much hotter and/or humid than average in your area

## LA County

- Rising number of extreme hot days
- Extreme hot days are lasting longer





The National Weather Service HeatRisk map shows “major” and “extreme” heat risk – shaded in red and purple, respectively – across most of California on Friday, July 5, 2024. (Map: National Weather Service)

## Why It’s Different:

- Climate is usually hot and dry
- Extreme heat can be even more intense
- Inland areas can get especially hot

## Heat Waves:

- Temperatures can reach dangerously high levels
- Important to stay prepared and informed

## Urban Heat Islands:

- Few trees or green spaces
- Many roads and buildings instead of natural land
- Concrete and asphalt absorb and hold onto heat.
  - 15 – 20 degrees Fahrenheit warmer.



Image: City of Little Rock Arkansas

For more information on heat islands: <https://www.epa.gov/heatislands/learn-about-heat-islands#heat-islands>

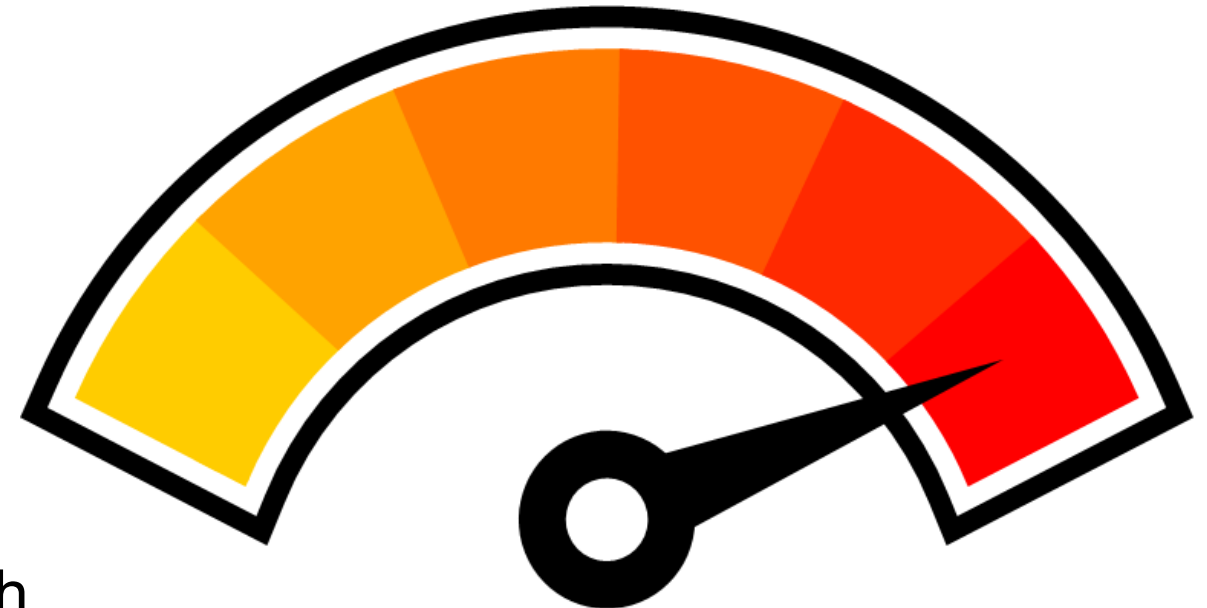
# Risks from extreme heat



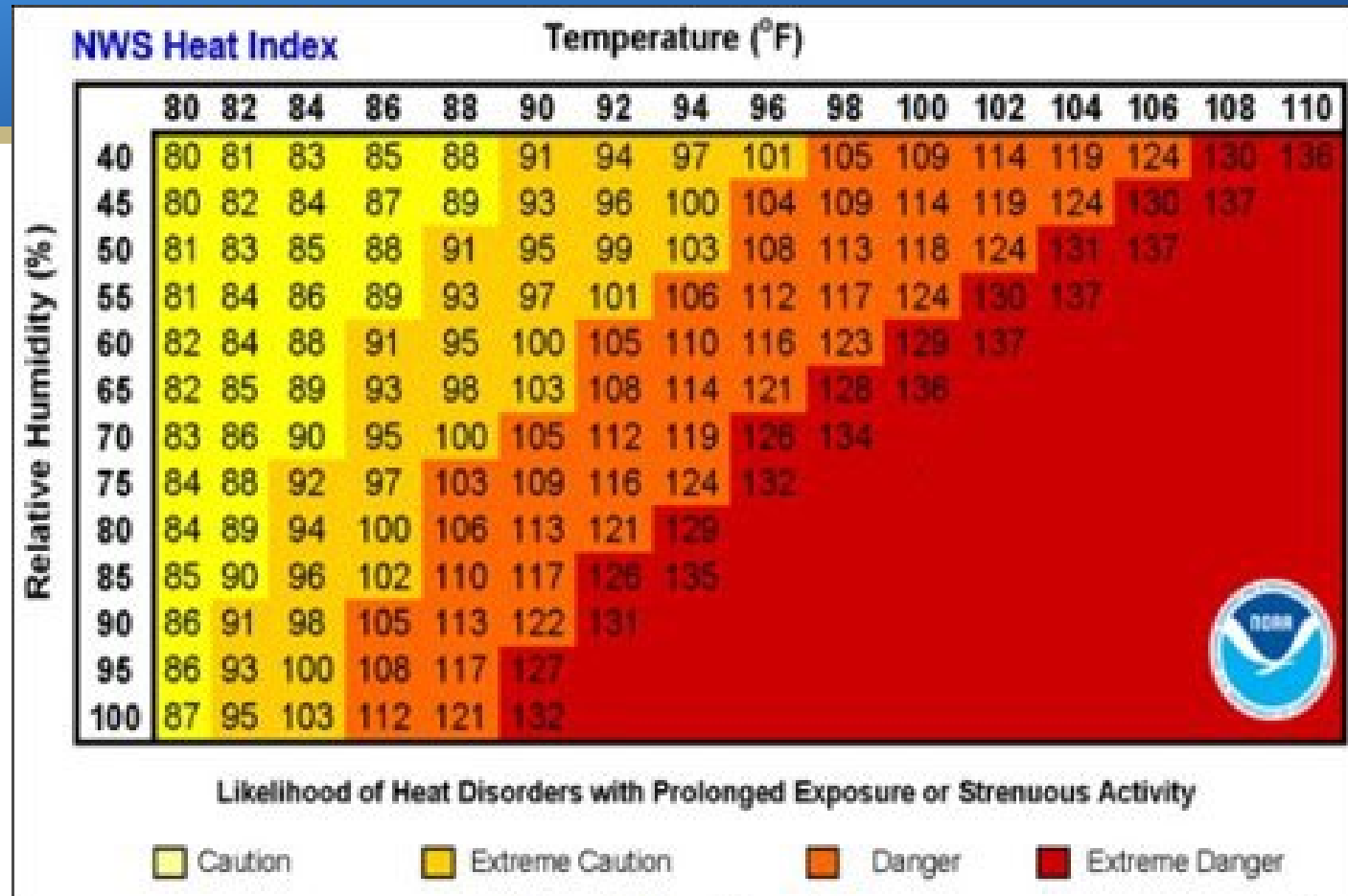
Heat is responsible for **more deaths than any other weather-related hazard** (danger).

People who have greater risk for heat illness include those who:

- Don't have permanent housing
- Work or exercise outdoors
- Are taking certain medications
- Have disabilities
- Live in low-income communities
- Are older adults
- Are babies, young children or youth







## Heat Index: Tools

For more information on Heat Index and to check it in your area: <https://www.weather.gov/ama/heatindex>

Classification	Heat Index	Effect on the body
Caution	80°F - 90°F	Fatigue possible with prolonged exposure and/or physical activity
Extreme Caution	90°F - 103°F	Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity
Danger	103°F - 124°F	Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity
Extreme Danger	125°F or higher	Heat stroke highly likely





# Heat Illness



# What is heat illness?



- Health condition due to **excessive heat**
- Inability of the body to **regulate temperature**
- Range of conditions (mild to severe)
- Can also be caused by intense **physical activity**



Image: <https://esafety.com/6-types-of-heat-related-illnesses/>

# Types of heat illness



1. Heat rash
2. Sunburn
3. Heat cramps
4. Heat exhaustion
5. Heat syncope (fainting)
6. Heat stroke

## Heat Exhaustion

- When the body gets too hot and loses a lot of water and salt from sweating too much.
- Symptoms: feeling tired, dizzy, stomach aches, nausea, headache, heavy sweating, and fainting.
- Important: cool down and drink water quickly to prevent something more serious, heat stroke.

## Heat Stroke

- Serious and life-threatening condition where your body gets too hot and can't cool down by itself anymore.
- High body temperature can get very high, 103°F or over (39.4°C).
- Symptoms: confusion, very hot and dry skin, and no sweating.
- Considered medical emergency: get help right away. Move to a cooler place.



# Heat Illness Prevention Across the Lifespan



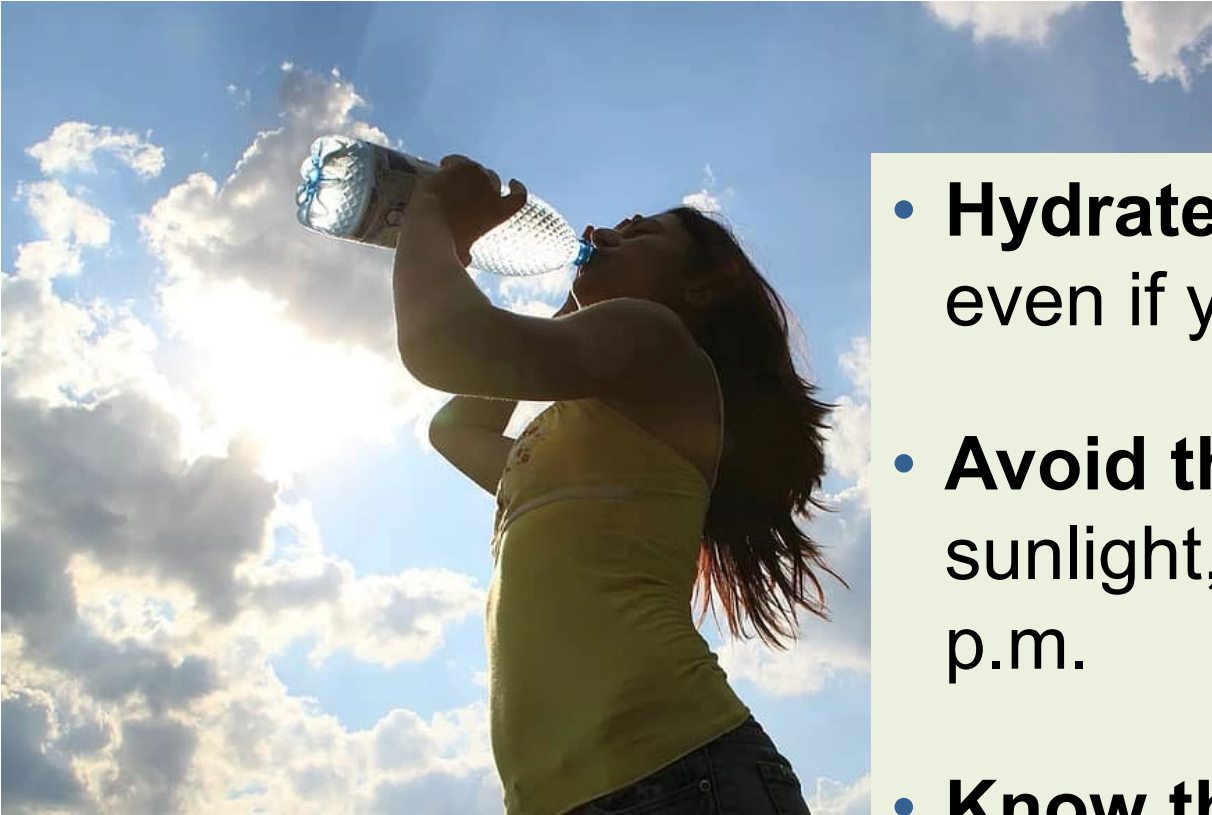


# Young Children (TK-3rd Grade)



- **Play in the Shade:** When playing outside, make sure you stay in the shade.
- **Cool Down with Water:** Splash your face with water and stay hydrated.
- **Ask for Help:** If you feel too hot or dizzy, tell an adult right away.

# Older Kids (4th-6th Grade):



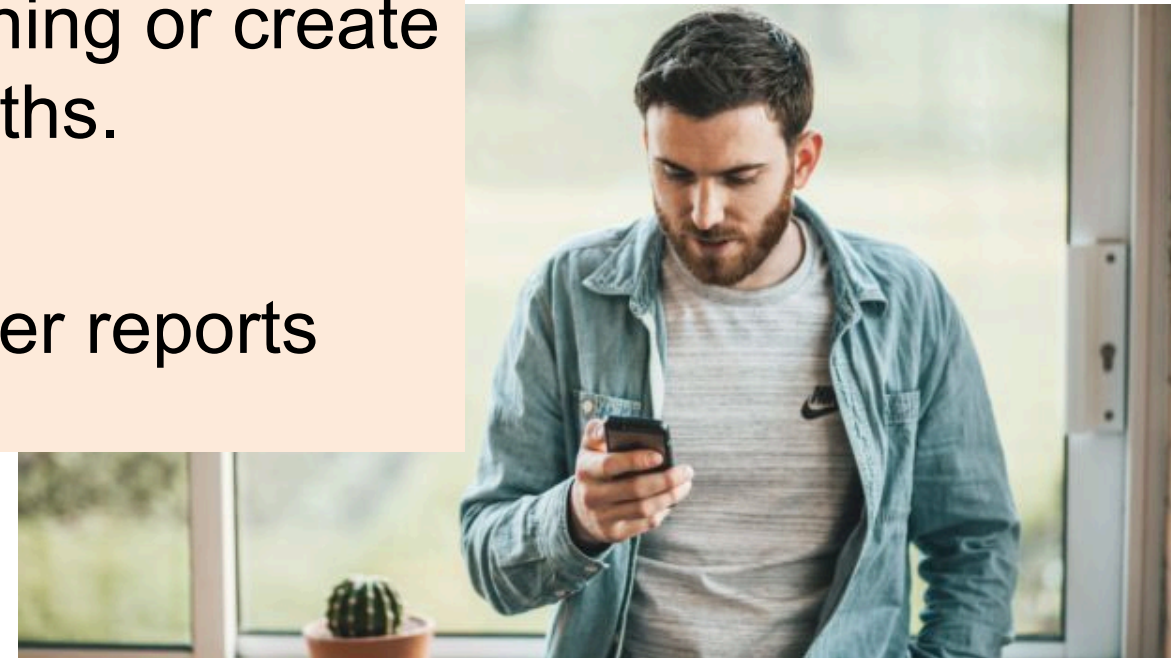
- **Hydrate Regularly:** Keep drinking water even if you're not thirsty.
- **Avoid the Sun:** Try to stay out of direct sunlight, especially from 10 a.m. to 4 p.m.
- **Know the Signs:** Learn how to spot signs of heat exhaustion and heat stroke so you can act quickly if needed.





- **Plan Ahead:** If you have outdoor activities or sports, make sure they are scheduled for cooler times of the day.
- **Help Others:** Know signs of heat illness, and check on friends, family, and pets to make sure they're staying cool and hydrated.
- **Smart Tech:** Use apps or devices that can help you monitor the weather and stay informed about heat warnings.

- **Check on Others:** Make sure elderly family members, neighbors, and anyone with health conditions are safe.
- **Cool Your Home:** Use air conditioning or create a cool area with fans and damp cloths.
- **Stay Informed:** Follow local weather reports and heat advisories.



- **Stay Cool:** Use air conditioning or visit places with air conditioning, like malls or libraries.
- **Drink Water:** Even if you don't feel thirsty, try to drink water regularly.
- **Be Connected:** Know signs and symptoms of heat illness. Keep in touch with family or friends who can check on you and help if needed.



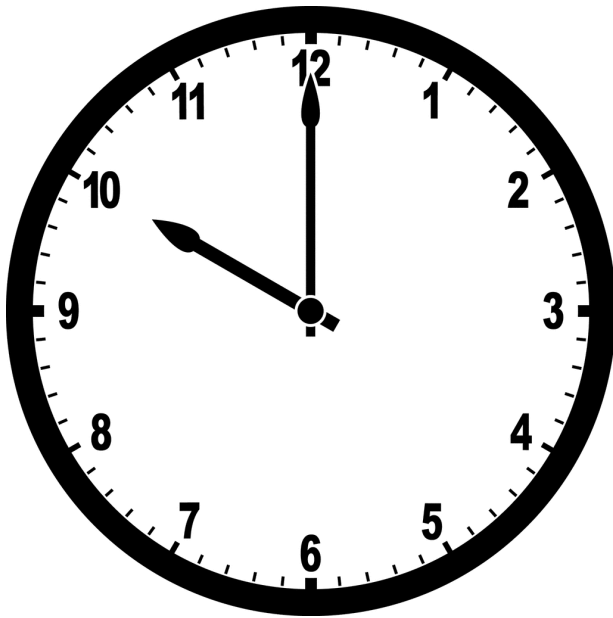
- **Teach Kids:** Explain the importance of staying cool, and regularly offer water.
- **Set a Routine:** Create a daily routine that includes breaks and cool-down times.
- **Never leave kids in a parked car:** Children who are left unattended in a car are at greatest risk for heat stroke, and even death.
- **Emergency Plan:** Check for signs of heat illness and have a plan for what to do if someone feels ill from the heat.





**What are the peak heat hours?**

- a) 9 am to 1 pm
- b) 10 am to 4 pm
- c) 12 pm to 5 pm
- d) None of the above



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## Peak Heat Hours

- **10 a.m. to 4 p.m.**
- Typically, the hottest hours of the day.
- Sun is at its highest point, and its rays are the most intense.
- Temperature is likely to be at its peak.



# Extreme heat first aid





# HEAT EXHAUSTION VS.

DIZZY OR FAINT

SWEATING EXCESSIVELY

COOL, PALE SKIN

NAUSEA OR VOMITING

WEAK, RAPID PULSE

MUSCLE CRAMPS

THROBBING HEADACHE

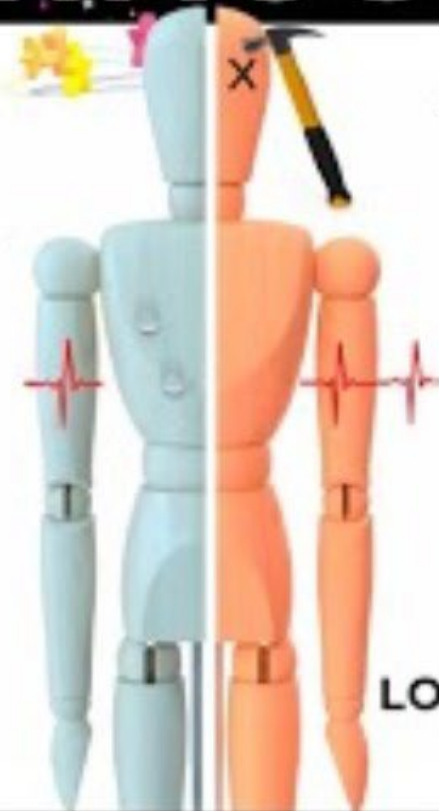
NO SWEATING

HOT, RED, DRY SKIN

NAUSEA OR VOMITING

STRONG, RAPID PULSE

LOSS OF CONSCIOUSNESS



# HEAT STROKE



# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### ..... HEAT CRAMPS .....

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:
  - Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

### ..... SUNBURN .....

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

### ..... HEAT RASH .....

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

**Learn more at [publichealth.lacounty.gov](http://publichealth.lacounty.gov).**

Source: Centers for Disease Control and Prevention





# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### ..... HEAT STROKE .....

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- **CALL 911 RIGHT AWAY -- HEAT STROKE IS A MEDICAL EMERGENCY.**
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

### ..... HEAT EXHAUSTION .....

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:
  - You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

**Learn more at [publichealth.lacounty.gov](http://publichealth.lacounty.gov).**

Source: Centers for Disease Control and Prevention







# Activities to Avoid During Extreme Heat in LA County



# Hiking and Outdoor Activities:



**Avoid** hiking, walking your pets or engaging in strenuous outdoor activities during peak heat hours (10 a.m. to 4 p.m.).

- **Alternative Activities:** consider indoor activities like visiting a museum, going to the mall, or exploring an indoor pool.

**Postpone or change** sports practices and physical exercise during the hottest parts of the day.

- **Alternative Activities:** Try indoor sports or exercises like yoga or swimming in a cool pool.



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# Picnics and Outdoor Gatherings



**Plan outdoor events** early in the morning or later in the evening when temperatures are cooler.

- **Alternative Activities:** Have indoor picnics or gatherings with air conditioning or use shaded areas for outdoor activities.







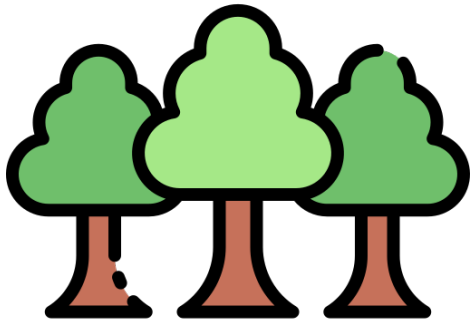
# Keeping Cool



# How to Stay Safe in Extreme Heat



- **Drink Water:**
  - Always have a bottle of water with you.
  - Drink water regularly, even if you don't feel thirsty.



- **Stay Indoors:** Stay inside in a cool place as much as possible, especially during the hottest parts of the day.
- **Stay in the Shade:** If you must be outside, stay in shaded areas or use an umbrella.

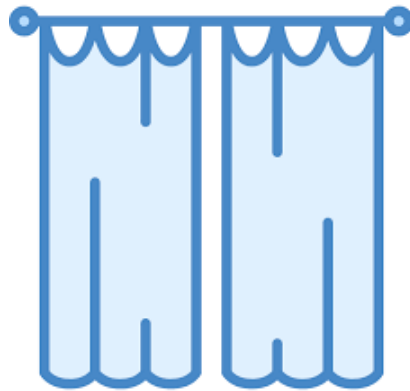


- **Wear Light Clothing:** Choose light-colored, loose clothing that helps keep you cool.
- **Use Fans:** Fans can help keep air moving and make you feel cooler.

# How to Stay Safe in Extreme Heat



- **Air Conditioning:** If you have air conditioning, use it during extreme heat. If not, try to visit a cooling center or use fans and damp cloths.



- **Block the Sun:** Close blinds or curtains during the hottest parts of the day to keep your home cooler.



- **Use Water:** Take cool showers or baths to lower your body temperature.

## What Are Cooling Centers?

- Cooling centers are public places that provide relief from extreme heat.
- They are air-conditioned and offer a safe place to stay cool.

Find a local cooling center near you!

Visit: <https://ready.lacounty.gov/heat/>



# How to Use Cooling Centers:



## ✓ **Know Your Location:**

Find out the nearest cooling center and its hours of operation.

## ✓ **Plan Your Visit:**

Arrange transportation to the cooling center if needed.

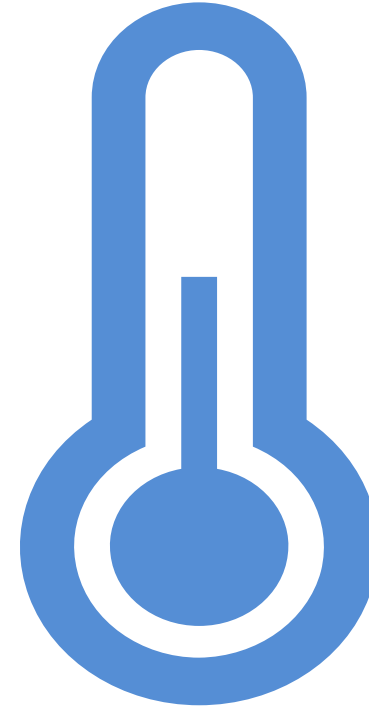
## ✓ **Stay Hydrated:**

Even when inside, continue drinking water regularly.

# Common Cooling Centers:



- Public Libraries
- Community Centers
- Shopping Malls
- Senior Centers
- Local Government Websites



Stay cool at Indoor classes offered at Department of Public Health wellness community centers

- [Antelope Valley Wellness Community](#)
- [Pomona Wellness Community](#)
- [Hollywood – Wilshire Wellness Community](#)
- [Martin Luther King Jr. Healing Center](#)
- [Whittier Wellness Community](#)
- [Curtis Tucker Wellness Community](#)



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# Practice Scenarios

As a group



# Scenario 1: The Park Picnic



**Situation:** Emma and her friends are having a picnic at the park on a hot summer day. After a few hours in the sun, Emma starts feeling dizzy and weak. She is sweating heavily and looks pale. Her friends notice that she seems confused and is not drinking water.

- What should Emma's friends do to help her right away?
- How can they make sure Emma stays safe until help arrives?



# Scenario 2: The Construction Site



**Situation:** John works outside as a construction worker and has been laboring in the hot sun for several hours without taking breaks. He suddenly starts feeling very hot, with a headache and rapid breathing. His skin is dry and hot to the touch. John's coworkers are concerned because he is becoming disoriented and has trouble speaking clearly.

- What steps should John's coworkers take to treat him on the spot?
- What actions should they avoid doing to ensure John's safety?



# Resources



# What can we do for each other?



- **Check on Neighbors:** Ensure that elderly neighbors or those without air conditioning are safe and have access to cooling centers.
- **Emergency Contacts:** Keep emergency contact numbers handy in case you need assistance during a heat wave.
- **Advocate:** Green space (trees, shade), better conditions for students, raise concerns for kids doing physical activity outside during peak hours, etc.
- **Spread the word:** Inform your family, friends, neighbors, community organization about how to stay safe during extreme heat season.



Contact	Phone Number/Website
General Emergency Number	911
Non-Emergency Essential Local Services	211
Public Health Infoline	1-833-540-0473
LA County DPH Heat Safety	<a href="http://publichealth.lacounty.gov/eh/safety/extreme-heat.htm">http://publichealth.lacounty.gov/eh/safety/extreme-heat.htm</a>
LARC Extreme Heat Campaign	<a href="https://www.laregionalcollaborative.com/heat">https://www.laregionalcollaborative.com/heat</a>
Cooling Centers	<a href="https://ready.lacounty.gov/wp-content/uploads/2024/07/2024-Cooling-Centers-List-for-Webpage-7.20.24.pdf">https://ready.lacounty.gov/wp-content/uploads/2024/07/2024-Cooling-Centers-List-for-Webpage-7.20.24.pdf</a>

# LA County Resources



Translate    A-Z Index    A B C D E F G H I J K L M N O P Q R S T U V W X Y Z ALL    Font Size | AAA

      Environmental Health

I Want To...    Services    Contact Us

/ Environmental Justice & Climate Health / Extreme Heat



## Stay Healthy in the Heat

Heat causes more deaths in the U.S. each year than floods, storms, and lightning combined. Older adults, young children, outdoor workers, athletes, and people with a chronic medical condition, among others, are especially sensitive to negative health impacts from extreme heat. The number of extreme heat days in Los Angeles County is expected to rise in the coming decades due to climate change. Prepare yourself and your family now, before the next heat wave comes.

	Stay Cool and Comfortable		Find a Cooling Center
	Am I at Risk?		Recent Heat Alerts
	Recognize and Respond to Heat Illness		Find a Free County Pool
	Extreme Heat and Climate Change		Get Help Paying for Your Home's Air Conditioning
	What DPH is Doing		Cool Your Neighborhood!

**[Sign up for LA County Health Alerts at: https://ready.lacounty.gov/alerts/](https://ready.lacounty.gov/alerts/)**

# Spread the word! Toolkits to use!



- Join and help prepare our communities to reduce heat-related illness.
- The Los Angeles County Department of Public Health and LARC are working together.
- Toolkit has content that shows resources for staying safe during very hot days and tips on how to stay safe in extreme heat.
- <https://www.laregionalcollaborative.com/heat>
- <https://bit.ly/LARC-HeatSocialMediaToolkit>

**Use the hashtag #HeatSafeLA**





Resources and services provided over the phone to Los Angeles County residents for public health issues:

- COVID-19 related inquiries
- Women's health
- Maternal health
- Nutrition
- Tobacco cessation
- Many more!

Los Angeles County

**PUBLIC HEALTH INFOLINE**



**1-833-540-0473**



8 AM – 8 PM  
7 DAYS A WEEK

Call Us for Reliable Health Information!



Find out how to get your updated COVID-19 vaccine & treatment



Get access to clinics for childhood immunizations



Learn more about reproductive health



Get mental health resources



Discover community resources to boost your health and wellness!



## **Heat Safety Protocols:**

- Recognize symptoms of heat-related illnesses.
- Provide immediate cooling and hydration.
- Move the person to a cooler environment.
- Monitor the individual closely and seek medical assistance if necessary.





**Thanks!**  
Any questions?



# Sources



1. National Weather Service (NWS): [www.weather.gov/heat](http://www.weather.gov/heat)
2. Centers for Disease Control and Prevention (CDC): [www.cdc.gov/extremeheat](http://www.cdc.gov/extremeheat)
3. Environmental Protection Agency (EPA): [www.epa.gov/heat-islands](http://www.epa.gov/heat-islands)
4. American Red Cross: [www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/heat.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/heat.html)
5. National Institute on Aging (NIA): [www.nia.nih.gov/health/heat](http://www.nia.nih.gov/health/heat)
6. Los Angeles County Department of Public Health: [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)
7. California Office of Emergency Services: [www.caloes.ca.gov](http://www.caloes.ca.gov)
8. General Weather and Heat Information: [www.weather.com](http://www.weather.com)
9. AccuWeather: [www.accuweather.com](http://www.accuweather.com)
10. National Oceanic and Atmospheric Administration (NOAA): [www.noaa.gov](http://www.noaa.gov)
11. [Beat the Heat: Staying Safe in Extreme Conditions - Public Health Communications Collaborative \(PHCC\)](http://publichealthcollaborative.org)  
([publichealthcollaborative.org](http://publichealthcollaborative.org))