



# Heat Emergency Tips



Extreme heat kills over 400 people each year in the United States. California's July 2006 Heat Emergency caused over 140 deaths alone. Extreme heat kills, but there are ways to stay safe as the summer heats up.

- ✓ Make a family emergency plan
- ✓ Get a disaster supply kit
- ✓ Stay informed on weather forecasts
- ✓ Get involved in your neighborhood emergency preparedness

Though everyone is susceptible to heat related illnesses, the elderly, very young, outside workers, lower income and medically fragile are at greater risk.

## During Extreme Heat Emergencies

### Do:

- ❖ Drink plenty of water.
- ❖ Wear lightweight, light-colored, loose-fitting clothing.
- ❖ Slow down, rest in the shade or a cool place when possible.
- ❖ Curtail non-essential outdoor activities.
- ❖ Check on friends and neighbors who are elderly, disabled, or have medical conditions.

### Don't:

- ❖ Drink alcohol and avoid caffeinated drinks.
- ❖ Ever leave children, elderly, disabled, or pets alone in a vehicle.
- ❖ Go outdoors if you don't have to.
- ❖ Turn off air conditioning or fans to save money.

## Cool Centers

The City of Riverside offers facilities for residents seeking temporary relief from extreme heat. Contact the City of Riverside Call Center at 951.826.5311 for a Cool Center near you.

## Who to Call

|              |   |
|--------------|---|
| 9.1.1        | Fire/Police/Medical Emergencies                               |
| 951.826.5311 | City Non-Emergency Services                                   |
| 800.464.1123 | Social Services Information and Referrals                     |
| 951.826.5485 | City of Riverside Utilities Weatherization Assistance Program |
| 951.320.8100 | City of Riverside Office of Emergency Management              |

***Play it Safe, Play it Cool!***

City of Riverside Fire Department  
Office of Emergency Management  
951.320.8100

<http://www.ReadyRiverside.Com>