

BEAT THE HEAT!

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Greig Smith Council District 12



LOS ANGELES CITY COUNCILMAN GREIG SMITH

Heat Wave Safety Information

The County Health Dept. has issued a Public Health alert, so be aware of the dangers of excessive heat and sun exposure, such as heat exhaustion, heat stroke and dehydration. High temperatures are expected to continue, so be prepared!

Seniors, young children, people with health conditions or illness are especially vulnerable.

Many seniors do not have Internet access at home, so please pass this information along to your elderly friends, family members or neighbors, and check in on them during heat waves.

Tips to Beat the Heat

- Drink plenty of water or electrolyte-replacing sports drinks, wear light, loose-fitting clothing, and avoid strenuous activity during the heat of the day.
- Find a shady spot in a neighborhood park to relax.
- Visit a shopping mall. Even if you don't buy anything, they are air- conditioned and usually have areas to sit down.
- **NEVER** leave children or pets unattended in cars.
- Visit one of the excellent public swimming pools in the Valley. **Granada Hills Pool** is located at 16730 Chatsworth St. (and Hayvenhurst) in Petit Park - [Click here](#) for facility information.
- **Northridge Pool** is located at 10100 Reseda Blvd. (and Devonshire), in Northridge Park, Northridge - [Click here](#) for facility information.
- To find all City pools, visit www.laparks.org/dos/aquatic/seasonal_facility.htm



To find cooling centers at libraries or senior centers, where residents can come to rest and cool off, call (213) 228- 7000 or visit www.lapl.org/branches, or www.lacity.org/RAP/dos/senior/senior.htm or call 311.

For more heat wave safety information, visit www.laparks.org/dos/aquatic/pdf/HeatSafety09.pdf