



LOS ANGELES CITY COUNCILMAN GREIG SMITH

Beat the Heat!

High temperatures are expected to continue, so be prepared!

The effects of heat can quickly overcome anyone. However, 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.

- Take a cool shower or bath.
- Visit friends or relatives who have air conditioning.
- Spend the day in an indoor mall. You can walk around, window shop and use benches and tables inside air-conditioned malls for free. You can also see a movie.
- Drink a lot of water! It is extremely important to stay hydrated to avoid heat stroke and other negative effects of heat.
- Stay indoors and avoid strenuous activity during the hottest time of the day.
- If you go outdoors, wear a sun hat, and cool, well-ventilated clothing that will protect you from the sun.
- Remember - leaving children or pets in a car during the summer, even for a short period, can be life-threatening! NEVER leave a child unattended in a car!



Beat The Heat!

The Department of Recreation and Parks opens recreation centers and senior centers during extreme heat, when the L.A. Fire Department issues heat advisories. For information on heat advisories, please visit www.LAFD.org, or call 311 and ask for where the nearest cooling center to your home would be.