



BE PREPARED
for
Extreme Heat This
Week



This week will be hot, with many areas of California experiencing 110 degree heat, or more. Please stay safe, stay cool, and share the information and resources in the link below with your family, friends, and communities.

[California prepares for dangerous heatwave ahead of Fourth of July: What you need to know!](#)

Below are some additional tips to help you stay safe from extreme heat:

Stay Cool (During the Hottest Times of the Day):

- People without air conditioning should **[check for cooling centers](#)** near them, or visit public locations like the library or mall.

Stay Hydrated:

- Drink plenty of fluids, especially water, even when not thirsty; drink sports drinks (in moderation with water) to help replace electrolytes lost during exercise.

Stay Connected:

- Californians are encouraged to **[check on their neighbors](#)** – call or visit vulnerable people, and offer to pick up groceries, medication, and other necessities. Older adults, young children and babies, people with chronic medical conditions and those who are pregnant are most vulnerable.

Stay Informed:

- Check the local news for weather forecasts, extreme heat alerts, and information about cooling centers.

Additional Resource Links:

- **[How to Stay Healthy in Excessive Heat](#)**

- [Spanish](#)
- [Tagalog](#)
- [Traditional Chinese](#)
- [Vietnamese](#)

- **[Preventing Dehydration](#)**

- [Spanish](#)
- [Tagalog](#)
- [Traditional Chinese](#)
- [Vietnamese](#)

- **[Drowning Prevention](#)**

- [Spanish](#)
- [Tagalog](#)
- [Traditional Chinese](#)
- [Vietnamese](#)

- **[Enter your zip code here](#)** for the latest weather forecast.