

PREPARE FOR EXTREME HEAT!

Why?



- Everyone is at risk!
- Extreme heat is one of the deadliest of all extreme weather events.

Who Has the Highest Risk?

- pregnant people
- older adults
- people with chronic health conditions
- young children
- people working without AC



Plan a Check List:

- Help at-risk neighbors and loved ones.



- Know the signs! They may include:



headache



paleness



weakness

- Locate your nearest cooling center.



heavy sweating



muscle cramps



nausea or vomiting



tiredness or dizziness

RESOURCES:

Learn more at HeatReadyCA.com



HeatReadyCA.com

PREPARE FOR EXTREME HEAT!

Why?



- Everyone is at risk!
- Extreme heat is one of the deadliest of all extreme weather events.

Who Has the Highest Risk?

- pregnant people
- older adults
- people with chronic health conditions
- young children
- people working without AC



Plan a Check List:

- Help at-risk neighbors and loved ones.



- Know the signs! They may include:



headache



paleness



weakness

- Locate your nearest cooling center.



heavy sweating



muscle cramps



nausea or vomiting



tiredness or dizziness

RESOURCES:

Learn more at HeatReadyCA.com



HeatReadyCA.com

PREPARE FOR EXTREME HEAT!

Why?



- Everyone is at risk!
- Extreme heat is one of the deadliest of all extreme weather events.

Who Has the Highest Risk?

- pregnant people
- older adults
- people with chronic health conditions
- young children
- people working without AC



Plan a Check List:

- Help at-risk neighbors and loved ones.



- Know the signs! They may include:



headache



paleness



weakness

- Locate your nearest cooling center.



heavy sweating



muscle cramps



nausea or vomiting



tiredness or dizziness

RESOURCES:

Learn more at HeatReadyCA.com



HeatReadyCA.com

PREPARE FOR EXTREME HEAT!

Why?



- Everyone is at risk!
- Extreme heat is one of the deadliest of all extreme weather events.

Who Has the Highest Risk?

- pregnant people
- older adults
- people with chronic health conditions
- young children
- people working without AC



Plan a Check List:

- Help at-risk neighbors and loved ones.



- Know the signs! They may include:



headache



pallor



weakness

- Locate your nearest cooling center.



heavy sweating



muscle cramps



nausea or vomiting



tiredness or dizziness

RESOURCES:

Learn more at HeatReadyCA.com



HeatReadyCA.com

PREPARE FOR EXTREME HEAT!

Why?



- Everyone is at risk!
- Extreme heat is one of the deadliest of all extreme weather events.

Who Has the Highest Risk?

- pregnant people
- older adults
- people with chronic health conditions
- young children
- people working without AC



Plan a Check List:

- Help at-risk neighbors and loved ones.



- Know the signs! They may include:



headache



pallor



weakness

- Locate your nearest cooling center.



heavy sweating



muscle cramps



nausea or vomiting



tiredness or dizziness

RESOURCES:

Learn more at HeatReadyCA.com



HeatReadyCA.com

PREPARE FOR EXTREME HEAT!

Why?



- Everyone is at risk!
- Extreme heat is one of the deadliest of all extreme weather events.

Who Has the Highest Risk?

- pregnant people
- older adults
- people with chronic health conditions
- young children
- people working without AC



Plan a Check List:

- Help at-risk neighbors and loved ones.



- Know the signs! They may include:



headache



paleness



weakness

- Locate your nearest cooling center.



heavy sweating



muscle cramps



nausea or vomiting



tiredness or dizziness

RESOURCES:

Learn more at HeatReadyCA.com



HeatReadyCA.com