

SUMMER SAFETY TIPS: BEAT THE HEAT

Advice to Landlords and Building Owners

The City of Long Beach has a large amount of older apartment buildings and homes that are not equipped with air conditioning units. As a landlord or building owner, you can play an important role in protecting your tenants from the harmful effects of extreme heat. This guide has been developed to help you create a Hot Weather Protection Plan for your building. By following these simple steps, you can be better prepared to protect vulnerable residents when Heat Alerts or Extreme Heat Alerts are called in Long Beach, or when temperatures in your building seem unusually high.

What are the risks?

Extreme heat affects different people in different ways, depending on their age, medical condition and how well they adapt to hot conditions. Exposure to extreme heat over long periods of time without being able to cool down makes it hard for the human body to keep body temperature at a healthy level. This can cause a rise in the body's internal, or core, temperature, and/or increase stress on breathing and the movement of blood through your body. Either one of these situations can result in related health problems or, in severe cases, death. Even a short break from the extreme heat helps to reduce this stress. People are more sensitive to hot weather conditions in the beginning of the summer season as compared to the end of the summer. As the summer progresses the human body adjusts to the heat and responds differently to the same weather conditions.

Why should landlords be concerned?

During periods of hot weather, the temperature and humidity in some types of buildings increases to the point where it becomes harmful to individuals staying in their rooms or units. Some people may feel sick sooner than others because they are on certain medication, have other medical problems or cannot move around easily. This is more likely to happen when the temperature inside the rooms seem unusually high and people are unable to get to a cool location where they can get relief. Temperatures can happen even when no Heat Alert has been called and can continue for several days after a Heat Alert has ended. For some vulnerable people, health effects can occur at lower temperatures.

Who is most at risk?

- The elderly
- People with certain chronic illnesses, such as heart conditions or people unable to move or change position by themselves
- Infants and preschool children
- People who exercise vigorously or are involved in strenuous work outdoors for prolonged periods
- People taking certain medications. Some medications, such as those for mental health conditions, make people very sensitive to heat.



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To reduce the impact of hot weather on vulnerable residents, building owners and operators should take the following simple steps to prepare.

Use this check list to make sure you have completed each task.

- Take note of which individuals in your building are more at risk during hot weather conditions.
- Determine if you have a cooler room in your building for residents to access at any time to escape the heat that could build up in their rooms or units.
- Designate a common room on a lower level where the room temperature can be easily kept cool (i.e. the basement area or common room with air conditioning). If you can, install air-conditioning for that room.
- Advertise the location of your building's cool room, if available. Post the notice where residents will see it.
- Make sure that windows in residents' room can be opened.
- Talk to your residents about what they can do to protect themselves.
- Know where the closest air conditioned public places are located, so you can inform residents.

SYMPTOMS of Heat Illness:

- Rapid breathing or difficulty breathing
- Weakness, dizziness or fainting
- More tiredness than usual
- Headache
- Confusion
- Nausea



Brought to you by the Long Beach
Department of Health and Human Services

If you have any questions, please contact
Dr. Anne Anglim at 562-570-4290
or our public health information line at 562-570-4499.

Take action

When a Heat Alert or Extreme Heat Alert is called by the Medical Officer of Health and/or when the indoor temperature seem unusually high:

- Ensure the Fast Facts: Preventing Summer Heat Injuries is posted where residents can see it.
- Regularly check on residents who are at risk and are unable or unwilling to visit an air conditioned place or cool room within your building.
- Encourage residents to visit the cool room in your building, cool public places such as malls, community centers and libraries.
- Ask residents who live in the upper rooms (e.g. attics) to come to cooler areas in the building, if possible.
- Inform residents of City run cooling centers during Extreme Heat Alerts if you do not have a cool room in your building and the temperature remains seem unusually high. Even a few hours in a cooler place during extremely hot weather can lower a person's core body temperature and helps save lives.
- Call 911 if a resident needs urgent medical attention, feels ill or disoriented, faints or has difficulty breathing.