

Prepare Now for Any Type of Emergency

There are things you can do right now to mitigate personal injury or loss of property as a result of an emergency.

BUILD A KIT



It may take a while before first responders can arrive. Have an emergency kit readily available at home and work with supplies to ensure you and/or your family can be self-sustaining for at least five days.

MAKE A PLAN



Make a plan with your family on how you would exit your residence or workplace under various scenarios. Predetermine a place to meet. Identify an out-of-area person to contact to inform of your well being. Practice your plan.

BE INFORMED



Sign up for **AlertLongBeach** to receive alert notices about emerging or imminent emergencies via cell phone, text message and email. Monitor TV, radio, print and social media for important information in your area.

BE PREPARED



Join the Community Emergency Response Team (CERT) or Long Beach Search and Rescue. Take a CPR or first-aid course through the American Red Cross, or work with the Red Cross to "Map your Neighborhood" to identify risks and resources within your neighborhood.

Additional Information on Disaster Preparedness

Please visit our department websites :

longbeach.gov/disasterpreparedness

longbeach.gov/fire

longbeach.gov/police

longbeach.gov/health

Social Media Sites:

[twitter / @LongBeachDP](https://twitter.com/LongBeachDP)

[facebook/LongBeachDisasterPreparedness](https://facebook.com/LongBeachDisasterPreparedness)

[Instagram/@longbeachdprep](https://instagram.com/longbeachdprep)

Sign Up Now for **AlertLongBeach**:

longbeach.gov/disasterpreparedness/alert-long-beach/

ALERT
LONG BEACH

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KEEP COOL. BEAT THE HEAT!



CITY OF LONG BEACH

Department of Disaster
Preparedness and
Emergency
Communications



CITY OF
LONG BEACH

What are heat-related illnesses? Two common problems when temperatures go up are **Heat Stroke** and **Heat Exhaustion**.

Heat Stroke

Heat stroke occurs when the body's temperature rises too quickly and the body is unable to cool down by sweating. Heat stroke can cause death or permanent disability if emergency treatment is not received.

WARNING SIGNS VARY BUT MAY INCLUDE:

An extremely high body temperature (above 103° orally); unconsciousness; dizziness; nausea; confusion; red, hot and dry skin (no sweating); rapid, strong pulse; throbbing headache.

Heat Exhaustion

Heat Exhaustion is the body's response to losing too much water and salt (through sweat). Those most likely to develop heat exhaustion are elderly people and people working or exercising in a hot environment.

WARNING SIGNS VARY BUT MAY INCLUDE:

Heavy sweating, muscle cramps, weakness, headache, nausea or vomiting, paleness, tiredness, and dizziness.

What to Do If You See These Symptoms



If you see any of these signs, you may be dealing with a life-threatening emergency. Call 9-1-1 for immediate medical assistance.

Monitor Those at High Risk

Those at greatest risk of heat-related illness include:

- Infants & children up to 4 years of age.
- People who overexert during work or exercise.
- People 65 years of age or older.
- People who are ill or on certain medications.
- People who are overweight.

Use a Buddy System

When working or exercising in the heat, monitor each other's condition. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave.

Have a Plan for Extreme Heat

There are simple steps you can take to reduce the threat of heat-related illness:

- Wear loose-fitting, lightweight, light-colored clothing.
- Postpone outdoor games and activities.
- Take frequent breaks if you must work outdoors.
- Eat well-balanced, light and regular meals.
- Drink plenty of water, even if you do not feel thirsty.
- Avoid drinks with caffeine.
- Limit intake of alcoholic beverages.
- Protect your face and head by wearing a wide-brimmed hat.
- Remember your pets and their needs.

Go to Cool Locations

During heat waves, consider spending the warmest part of the day in air conditioned buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the rate of perspiration evaporation.



Use Common Sense

- Do not leave infants, children or pets inside a parked car.
- Stay out of the sun during midday hours.
- Bring your pets indoors to protect them. Remember to give them fresh water. Leave their water in a shady area. Also, consider wetting your pets down.