

# PREVENT HEAT-RELATED ILLNESS

## *Stay Cool - Stay Hydrated - Stay Informed*



### Stay Cool Indoors

Respite centers, shopping malls, libraries and homes with air conditioning can provide relief from the heat.

**Electric Fans** do not provide relief in temperatures in the high 90s.

**Pace yourself** and reduce exertion during hottest hours.



### Clothing & Sunblock

**Choose lightweight, loose-fitting clothing.** Wear a wide-brimmed hat and sunglasses.

**Wear sunscreen/sunblock** of 15 SPF or higher and reapply. Sunburn affects your body's ability to cool down and can make you dehydrated.

**Limit outdoor activity** to the cooler hours in the day.



### Car Safety

**Do not leave anyone, especially children, elderly adults or pets in cars.**

Cars can quickly heat up to dangerous temperatures, even with a window cracked open.

Please call 911 if you see anyone in a car during hot weather.



### Stay Hydrated

**Drink plenty of fluids.** Drink more fluids regardless of how active you are. Don't wait until you're thirsty to drink.

- **Check with your doctor** if you're on a limited fluid diet or taking water pills.

**Keep your pets hydrated** by providing plenty of water, and leaving water in a shady area.



### Replace Salt & Minerals

**Electrolyte drinks** can replace the salt and minerals lost during sweating.

- **Check with your doctor** if you're on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions.

**Avoid sugary drinks** that can cause you to lose more body fluids.



### Stay Informed

Stay updated on **Extreme Heat Alerts** and Local Respite or Cooling Shelters in your area!

**Stay Connected** with family, friends and neighbors to see if anyone is at risk of heat related illnesses or might be exposed to high temperatures due to their work, school or living situation.

## Resources:

### Sacramento Ready Website by Sacramento County:

<https://sacramentoready.saccounty.gov/us/en.html#gsc.tab=0>

- Provides resources and updates on emergencies and heat-related response in Sacramento County.
- Gives updates on Weather Respite Centers
- Sign Up to receive Emergency Alerts from Sacramento County

### City of Sacramento, Weather Respite Criteria and information:

<https://www.cityofsacramento.gov/city-manager/Homeless-Coordination/what-can-i-do>

<https://www.cityofsacramento.gov/city-manager/Homeless-Coordination/weather-respite-criteria>

- Provides information about weather respite activation and local organizations that support unhoused community during weather emergencies.

### 211 Sacramento

<https://www.211sacramento.org/211/>

Call: 916-498-1000, Dial 2-1-1 or call 1-844-546-1464

Provides resources for seniors, housing, and other social services available in Sacramento City and County

### Heat Ready California

<https://heatready.ca.gov/>

Provides information on what is extreme heat, assessing risk of heat-related illness, and create your own plan to prepare for extreme heat weather