

## Staying Cool Beat the Heat!

City of Sierra Madre 232 W. Sierra Madre Blvd. Sierra Madre, CA 91024 (626) 355-7135

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## Tips for Staying Cool

With triple-digit temperatures registering across Southern California this week, the County of Los Angeles Public has issued a Heat Advisory for areas including the San Gabriel Valley. This advisory will remain in effect until Friday, August 10th.

"While people don't need to be told it's hot outside, they do need to be reminded how to take care of themselves, children, the elderly, and their pets when the weather gets hotter," said Jonathan E. Fielding, MD, MPH, Director of Public Health and Health Officer. "When temperatures are high, prolonged sun exposure may cause dehydration, heat cramps, heat exhaustion, and heat stroke. And never leave children, elderly people, or pets unattended in closed vehicles, even with the windows 'cracked,' because temperatures inside can quickly rise to life-threatening levels."

The Community Services Department and the Senior Community Commission would like to remind local seniors that during this time of hot weather that they should follow these tips to stay cool and safe.

- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature.
- Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Stay hydrated.
- Stay indoors as much as possible. If you do not have air conditioning, stay on your lowest floor, out of the sun or go to a place where you can get relief from the heat, such as air conditioned, library, theaters and other community facilities that may offer refuge during the warmest times of the day.
- Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.
- Check on family, friends and neighbors.
- If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911, and if possible, move to a cooler place.

## Air Conditioned City Facilities

If seniors do not have air conditioning in their homes, the City welcomes seniors to visit one of the following City facilities to stay cool.

- · Hart Park House Senior Center 222 W. Sierra Madre Blvd. Monday through Thursday, 9:00am-2:00pm & every other Friday, 9:00am-2:00pm.
- $\cdot$  Sierra Madre City Hall 232 W. Sierra Madre Blvd. Monday through Thursday, 7:30 am to 5:30 pm & every other Friday, 8:00 am to 5:00 pm. (626) 355-7135.
- · Sierra Madre Public Library 440 W. Sierra Madre Blvd. Monday through Wednesday, Noon to 9 pm, Thursday & Friday, Noon to 6 pm and Saturday, 10:00 am to 6:00 pm. (626) 355-7186.
- · Sierra Madre Community Recreation Center 611 E. Sierra Madre Blvd. Monday Thursday, 7:30 am to 5:30 pm & every other Friday, 8:00 am to 5:00 pm. (626) 355-5278.