

## HEAT DISORDERS

### Sunburn

**Symptoms:** Skin redness and pain, possible swelling, blisters, fever, headaches.

**First Aid:** Take a shower using soap to remove oils that may block pores preventing the body from cooling naturally. If blisters occur, apply dry, sterile dressings and get medical attention.

### Heat Cramps

**Symptoms:** Painful spasms usually in leg and abdominal muscles. Heavy sweating.

**First Aid:** Firm pressure on cramping muscles or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue.

### Heat Exhaustion

**Symptoms:** Heavy sweating, weakness, skin cold, pale and clammy. Weak pulse. Normal temperature possible. Fainting, vomiting.

**First Aid:** Get victim to lie down in a cool place. Loosen clothing. Apply cool, wet cloths. Fan or move victim to air-conditioned place. Give sips of water. If nausea occurs, discontinue. If vomiting occurs, seek immediate medical attention.

### Heat Stroke (Sun Stroke)

**Symptoms:** High body temperature (106+). Hot, dry skin. Rapid, strong pulse. Possible unconsciousness. Victim will likely not sweat.

**First Aid:** Heat stroke is a severe medical emergency. Call 9-1-1 or emergency medical services or get the victim to a hospital immediately. Delay can be fatal. Move victim to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use extreme caution. Use fans and/or air conditioners. **DO NOT GIVE FLUIDS.**

## EXTREME HEAT

Doing too much on a hot day, spending too much time in the sun or staying too long in an overheated place can cause heat-related illnesses. Know the symptoms of heat disorders and overexposure to the sun, and be ready to give first aid treatment.

Also, be prepared for the extreme heat before and during.

### BEFORE:

- Install window air conditioners snugly.
- Keep heat outside and cool air inside.
- Install temporary reflectors, such as aluminum foil covered cardboard, to reflect any heat back outside.
- Keep the cool air inside by weatherstripping doors and windowsills.
- Check air-conditioning ducts for proper insulation.

### DURING:

- **Protect windows.** Hang shades, draperies, awnings, or louvers on windows that receive morning or afternoon sun.
- **Conserve electricity.** Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor out of the sunshine.



## DURING (continued):

- **Eat well-balanced, light meals.**
- **Drink plenty of water regularly.**
- **Limit intake of alcoholic beverages.**
- **Dress in loose-fitting clothes that cover as much skin as possible.**
- **Protect face and head by wearing a wide-brimmed hat.**
- **Allow your body to get acclimated to hot temperatures for the first 2 or 3 days of a heat wave.**
- **Avoid too much sunshine.**
- **Avoid extreme temperature changes.** A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly and very young people.
- **Slow down.** Reduce, eliminate, or reschedule strenuous activities.
- **Take salt tablets only if specified by your physician.** Persons on salt-restrictive diets should check with a physician before increasing salt intake.
- **Vacuum air conditioner filters weekly during periods of high use.**
- **Learn the symptoms of heat disorders and know how to give first aid.**

## FOR PETS, GUIDE DOGS AND SERVICE DOGS, BE SURE TO:

- Keep water bowls filled.
- Insure animals have adequate shade.
- Never keep animals in vehicles during the day.
- Insure both Dogs and Cats have Licenses and Identification on.
- Keep pet activity to a minimum.
- Take walks in the early morning or early evening.

## DEPARTMENT ON DISABILITY

The Department on Disability is committed to: ensuring full access to employment, programs, facilities and services; through strategic management and partnership education, advocacy, training, research, and improved service delivery for the benefit of persons with disabilities, providers of essential resources and policymakers.

The Department on Disability  
201 N. Figueroa St. 1st Fl.  
Los Angeles, CA 90012  
**(213) 202-2764 Voice**  
**(213) 202-2755 TTY**  
**(213) 202-2715 Fax**  
[www.disability.lacity.org](http://www.disability.lacity.org)

## DEPARTMENT OF AGING



The Department of Aging has multiple funding sources (federal, state and local) to provide a wide variety of services, including: legal assistance, in-home services, employment training and opportunities, transportation, and nutrition programs for persons sixty years of age and older.

The Department of Aging  
221 N. Figueroa St., Suite 500  
Los Angeles, CA 90012  
**(213) 482-7252 Receptionist**  
**(213) 473-5990 TTY**  
**(213) 482-7256 FAX**  
[www.aging.lacity.org](http://www.aging.lacity.org)

Programs and Services provided by the City of Los Angeles Department of Aging and Community and Senior Services of Los Angeles County are funded by the Older Americans Act.

## L.A. ANIMAL SERVICES

"The L.A. Animal Services provides services that enable people and animals to live together in safety in the City of Los Angeles."

The Department houses and cares for lost and abandoned animals in its six shelters located throughout the City, enforces animal-related laws, and acts to prevent cruelty to animals. If you have a question about these or other services - just ask. The Department's staff of professionals is ready to help you.

L.A. Animal Services  
221 N. Figueroa St., Suite 600  
Los Angeles, CA 90012  
**(888) 4LA-PET1**  
**(888) 452-7381**  
**(887) 875-8205 TTY**



[www.laanimalservices.org](http://www.laanimalservices.org)

Report any animal in distress to Animal Services  
(888) 452-7381, 24 hours a day, 7 days a week.

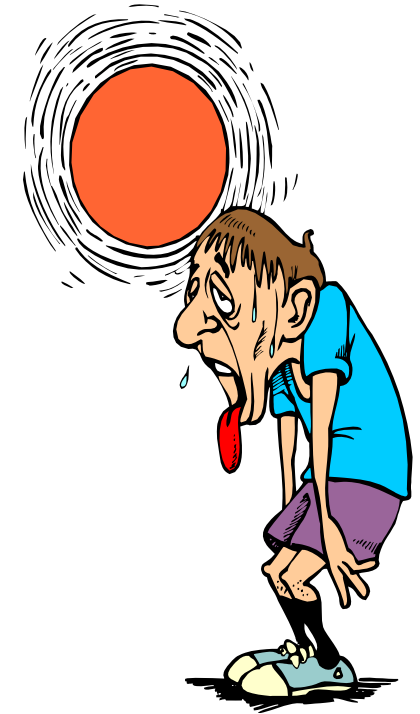
### Emergency Management Department

200 North Spring Street, Room 1533  
Los Angeles, CA 90012  
**(213) 978-2222 PHONE**  
**(213) 978-0517 FAX**  
[www.emergency.lacity.org](http://www.emergency.lacity.org)



As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to programs, services and activities.

## EXTREME HEAT



## WHAT TO DO?



**Department of Aging**  
**Department of Animal Services**  
**Department on Disabilities**  
**Emergency Preparedness Department**

Hours of Operation:  
(Monday - Friday, 8 am to 5 pm)  
Except Holidays