



FRANKLIN HILLS RESIDENTS ASSOCIATION

BE PREPARED: **Hot Fun in the Summertime**

While festive fireworks marked the nation's 247th birthday July 4, the Earth below was on fire, too. On that same day, scientists marked the planet's hottest day [for more than 125,000 years.](#)

Do you know what often results in the highest number of deaths among all weather-related disasters? Not hurricanes, tornadoes, or flooding, but **extreme heat.**

While our preparedness tips so far have focused on events like earthquakes or fires that we can't control, there are steps we can take to prepare for -- and mitigate the effects of -- this "new normal" of dangerously-high temperatures and humidity.

When extreme heat warnings are forecast, take these steps to safeguard yourself, your family and any neighbors in need:

- Cover windows in your home or apartment with drapes or shades.
- If you don't have air conditioning, find places that do such as libraries and shopping malls. [This site provides a list of cooling centers](#) in L.A. County.
- Drink plenty of fluids, wear lightweight, light-colored clothing, and avoid high-energy activities.
- If you must go outside, wear a hat or take an umbrella, put on sunscreen for even brief outings, and always carry water with you.
- Check on others at risk who live nearby, such as older adults, those with special needs or those who live alone.
- Learn the signs and ways to treat heat-related illnesses such as heat cramps, heat exhaustion and heat stroke. More info about this and other safety tips are on [this FEMA site.](#)

With a little advance preparation, we can all look forward to a fun, memorable -- and safe -- summertime in the Franklin Hills.

STAY HEALTHY IN THE HEAT

HOT CARS CAN BE DEADLY

Don't leave children or pets in cars.
Call 911 if you see a child or pet in a car alone.



STAY COOL

Go to an air-conditioned place, park, or pool.

PLAN YOUR DAY

Avoid going out during the hottest hours, and wear sunscreen.



HELP OTHERS

Check on those at risk, like the sick, older adults, pregnant women, and children.

DRINK WATER

Fill a reusable bottle with water and bring it with you.

SUMMER CLOTHES

Wear lightweight, light-colored clothes.

SHADE

Bring a hat or umbrella with you when you're out.

Call 211 for Cooling Centers where you can go for free to stay cool.