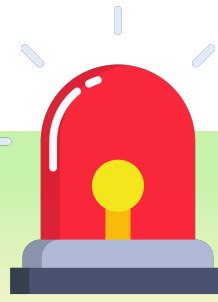




# The Safety Signal



This emergency preparedness newsletter is brought to you by the SG/PRC Communications & Public Engagement Team, dedicated to the individuals we serve, service providers, and our community partners.

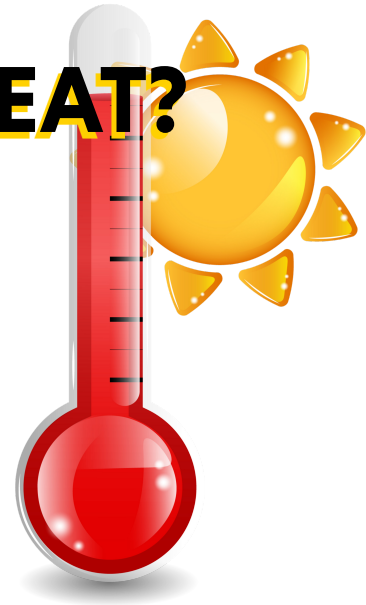
## ARE YOU READY FOR THE HEAT?

### Heat Safety Tips

*During the upcoming periods of extreme heat this summer, there are tips and actions that you can take to protect yourself and your loved ones from heat-related illnesses.*

-  Never leave people or pets in closed cars on a warm day.
-  Find a cooling center if air conditioning is not available in your home.
-  Take cool showers or baths
-  Wear loose, lightweight, light-colored clothing
-  Stay hydrated
-  Avoid high-energy activities or outdoor work during midday heat if possible.
-  Check on family members, older adults and neighbors.
-  Watch for heat cramps, heat exhaustion and heat stroke.

Source: <https://www.ready.gov/heat>



### IN THIS ISSUE...

- Understanding Heat Alerts
- Heat Exhaustion vs. Heat Stroke
- Water Safety Campaign with Olly, the Sea Lion
- Power Outage Tips
- Important Phone Numbers
- Summer Checklist
- Word Search

# Understanding Heat Alerts

<b>HEAT WATCH</b> <b>BE PREPARED</b>  <b>Dangerous heat is possible in the next few days. Monitor forecasts.</b>	<b>HEAT ADVISORY</b> <b>TAKE ACTION</b>  <b>Dangerous heat is occurring or will soon. Limit outdoor time.</b>	<b>EXCESSIVE HEAT WARNING</b> <b>STAY SAFE NOW</b>  <b>Extremely dangerous heat is happening. Seek shade and cool places.</b>	<b>WHAT TO DO</b>  <b>Drink plenty of water</b> <b>Wear loose, light clothing</b>  <b>Check on neighbors &amp; family</b>  <b>Avoid heavy exercise in heat</b>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## What should you know about extreme heat safety?

- Know what to do before, during, and after extreme heat.
- Create a communications plan with your family before extreme heat hits.
- Have emergency supplies in place at home, at work, and in the car.
- Pay attention to local officials.

# Understanding Heat Exhaustion vs. Heat Stroke

## What is Heat Exhaustion?











Symptoms include excessive sweating, dehydration, and a rapid pulse.

Typically occurs when the body loses fluids and electrolytes through sweating, leading to an imbalance that affects normal bodily functions.

## What is Heat Stroke?

A **severe** heat-related condition that happens when the body stops regulating its temperature, resulting in a dangerous increase in body temperature.

A heat stroke is a medical emergency that requires immediate treatment.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy 		Throbbing headache 
Excessive sweating 		No sweating
 Cool, pale, clammy skin		 Body temperature above 103° Red, hot, dry skin
Nausea or vomiting 		Nausea or vomiting
Rapid, weak pulse 		Rapid, strong pulse 
Muscle cramps 		May lose consciousness 
<ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul>		<b>CALL 9-1-1</b> <ul style="list-style-type: none"> <li>• Take immediate action to cool the person until help arrives</li> </ul>



# Water Safety Saves Lives!

In Los Angeles County, hundreds of children and young adults experience drowning or near-drowning incidents each year. These tragedies affect families, schools, and entire communities.

Olly, the Sea Lion is here to promote simple water safety tips to help families stay safer in and around water. Drowning impacts families in every community — **but it is preventable.**



Water is a source of recreation, relaxation, and even livelihood for millions of people around the world. Whether at the beach, in pools, or near lakes and rivers, water activities bring joy and respite. However, despite the many benefits, water also poses significant risks, with drowning remaining one of the leading causes of accidental death worldwide.

Each year, thousands of lives are lost in preventable drowning incidents, many of which involve children and individuals who may lack proper swimming skills. In Los Angeles County, hundreds of children and young adults experience drowning or near-drowning incidents each year.

## Follow Olly's important water safety tips throughout the summer on SG/PRC's social media and website.

Let's work together to build a community that's confident, prepared, and always **Splash Safe.**

To learn more about water safety, visit our **Drowning Prevention - Water Safety website page.**



This SG/PRC Be Splash Safe - Drowning Prevention Campaign is brought to you through a special grant funded by the Department of Developmental Services.

**WATER SAFETY SAVES LIVES**

Meet **Olly**  
the Sea Lion  
Your water-safety buddy — protecting every child, every family, with every splash.

Drowning is the leading cause of death for children ages 1-4 and the second leading cause of unintentional injury death for children under 14.\* These tragedies happen quickly and silently — But they're preventable. \*CDC 2022

Keep your family safe by following these five simple steps:

- Block access to pools and open water
- Constant supervision
- Learn to swim
- Wear a life jacket while boating
- Know CPR with rescue breaths

San Gabriel/Pomona Regional Center

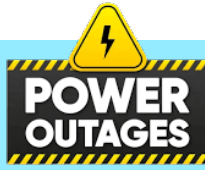
#BeSplashSafe

Free resources. Share with your family.

IF A CHILD IS MISSING, ALWAYS CHECK THE WATER FIRST—EVERY SECOND COUNTS.



# Stay Cool, Be Prepared!



## Power Outage Tips

- Create a communications plan for the people in your home.
- Keep your phone charged.
- Use flashlights instead of candles.
- Know where your flashlight is.
- Tell staff or trusted person if you need help.
- Keep extra batteries ready.
- Keep refrigerator doors closed.
- Have a backup plan if you use a medical device that uses electricity.

## Keep Important Phone Numbers Handy

- Family member
- Support staff
- Regional Center or Service Coordinator
- Doctor
- Pharmacy
- Emergency contact
- Utility company



## Summer Checklist



- Eat a popsicle or ice cream
- Go to a picnic
- Watch fireworks
- Visit a park
- Blow bubbles
- Fly a kite
- Read a book outside
- Make lemonade
- See a rainbow



## Sun Safety

E D A H S S P R S S  
 U G H F J V O S U U  
 E S K I N O K G N N  
 X P E B D J W N G S  
 P G O T M T I I L C  
 O A U I M A W H A R  
 S O K U N H I T S E  
 E J J L U X R O S E  
 D Y J C S K S L E N  
 T C E T O R P C S C

Sunglasses   Sunscreen   Clothing   Outdoor  
 Exposed   Protect   Shade   Skin  
 Sun   Hat

