

Prepare an Emergency Kit

Prepare to meet the needs of a family member or friend who has specific needs. Prepare emergency kits for all emergencies with the following items:

- Two weeks supply of nonperishable food and manual can opener.
- Two weeks supply of water (one gallon of water per person, per day).
- Prescribed medication.
- First aid kit.
- Fire extinguisher.
- Portable, battery-powered radio or television with extra batteries.
- Flashlight with extra batteries.
- Matches in a waterproof container.
- Whistle, extra clothing and blankets.
- Tools and a map of the local area.
- Special needs items for infants, older adults, pets, etc.
- Sanitation and hygiene items (e.g. hand sanitizer, moist towelettes and toilet paper).
- Photocopies of identification and credit cards; cash and coins.
- Eyeglasses, contact lens and solution.
- Prepare a detailed emergency list including family, friends and doctor's names.

Specific consideration for people with disabilities:

- Emergency plan/kit specific to your unique needs.
- Extra eyeglasses, batteries, hearing aid and mobility aid.
- Prepare a list of important information, including a list of prescribed medication, dosage, special equipment and instructions.

County of Los Angeles Board of Supervisors



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Sachi A. Hamai
CEO

**County of Los Angeles
Department of Mental Health
Community and Government Relations Division
Public Information Officer**
550 South Vermont Avenue, 6th Floor
Los Angeles, CA 90020
213-738-3700
dmh.lacounty.gov

County of Los Angeles Department of Mental Health



Extreme Heat



*Nurturing Hope, Promoting Wellness
and Supporting Recovery*

Emergency Outreach Bureau Disaster Services

550 South Vermont Avenue, 10th Floor
Los Angeles, CA 90020
213-738-4919
dmh.lacounty.gov

Jonathan E. Sherin, M.D., Ph.D.
Director



County of Los Angeles Department of Mental Health

Mission Statement

Enriching lives through partnerships designed to strengthen the community's capacity to support recovery and resiliency.

What Is Extreme Heat?

Extreme heat is defined as temperatures that are about 10 degrees or more above the average high temperature for the region and last for several weeks. Excessively dry and hot conditions can provoke dust storms and low visibility. Droughts occur when a long period passes without substantial rainfall. A heat wave combined with a drought is a very dangerous situation.

emergency.cdc.gov/disasters/xtremeheat/

Population Most Affected by Heat

Older adults (65 and older), small children, people with chronic medical conditions and persons with weight and alcohol problems are particularly susceptible to heat stress.

Heat Conditions

Heat Exhaustion

Heavy sweating, weakness, cold skin, pale and clammy, weak pulse, fainting and vomiting.

Heat Cramps

Painful spasms usually in leg and abdominal muscles and heavy sweating.

Sunburn

Skin redness and pain, possible swelling, blisters, fever and headaches.

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Heat Strokes

Heat stroke occurs when sweating fails and the body cannot cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes.

Warning signs of heat stroke vary but can include:

- Red, hot dry skin (no sweating)
- Rapid pulse
- Throbbing headache
- Dizziness, nausea, confusion or unconsciousness
- Extremely high body temperature (above 103°F)

emergency.cdc.gov/disasters/extremeheat/

Common Reactions

- Frustration
- Agitation
- Sluggishness
- Exhaustion
- Decreased activity level

What to Do in Hot Weather

- Go to locations with air conditioning, such as shopping malls, senior centers, libraries or public health sponsored heat-relief shelters in your area.
- Do not leave infants, children or pets in a parked car.
- Avoid hot foods and heavy meals. They add heat to your body.
- Limit outdoor activity to morning or evening hours.

Tips During Extreme Heat

- Wear lightweight, light-colored, loose fitting clothing and sunscreen.
- Drink cold non-alcoholic beverages and increase your fluid intake regardless of your activity level (2-4 glasses of water every hour).



Individuals at High Risk

Although anyone at anytime can suffer from heat-related illness, some people are at greater risk than others.

- Infants and young children are sensitive to high temperatures.
- Older adults over the age of 65 are less likely to sense and respond to changes in the temperature.
- Overweight people may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert or exercise may become dehydrated and are more susceptible to heat sickness.
- People who suffer from heart disease, high blood pressure, or who take certain medications for depression, insomnia or poor circulation may be more affected by extreme heat.

emergency.cdc.gov/disasters/extremeheat/

Stay Informed

- Listen to the television and radio for information.
- If ordered to "shelter in place," stay in your current location (e.g. home, business, etc.) until ordered or permitted to leave.