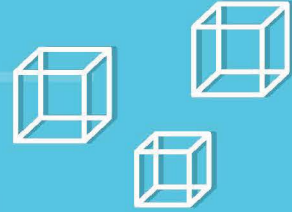


BEAT



the
Heat



TIPS TO HELP

If you plan to be outdoors, please take precautions to protect yourself from the sun and heat as recommended by Los Angeles County.



- Avoid the sun from 10:00 a.m. to 3:00 p.m. when the burning rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light-colored, lightweight, loose-fitting clothes when you are outdoors.
- Set your air conditioner between 75° to 80°. If you don't have air-conditioning, take a cool shower twice a day.
- Drink plenty of fluids, even if you are not thirsty. Avoid alcohol and caffeine.
- Use sunscreen with a sun protection factor (SPF) of at least 15 if you need to be in the sun.
- Stay in shade whenever working outdoors.
- Don't forget about your pets; they need plenty of water and shade.

Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, rapid heartbeat, muscle cramps and increased thirst. Anyone experiencing these symptoms should seek immediate medical attention or call 911.

Visit GlendaleCA.gov/BeatTheHeat for the latest information.