

California Heat Advisory 2024

California is expected to experience extreme heat in the upcoming days. Summer heat waves can be dangerous, especially for people who may be more sensitive to the heat. That includes young children, older adults, people with chronic diseases, outdoor workers, people who are unhoused, and those who are pregnant.

As California undergoes more frequent and severe heat waves, Governor Gavin Newsom recently announced the ready.ca.gov, a new, one-stop shop for Californians to prepare for emergencies and extreme weather. The new website is part of [Listos California](#), which is a state effort that connects communities with resources before, during and after emergencies. In addition, the Department of Public Health has created a [Heat & Summer Safety toolkit](#) to provide resources and communication tools that can be shared.

There are four simple ways to help keep your family and community safe this summer:

1. **Stay Cool (During the Hottest Times of the Day)**

- If you are getting too hot, take a short, cool shower and stay in an air-conditioned area.
- Those without air conditioning should check with their city or county for cooling centers or visit public locations such as a library or shopping mall.
- Avoid physical exertion or exercising outdoors.
- Wear lightweight, light colored, loose clothing, and when outside, wear hats, sunglasses, and sunscreen.

2. **Stay Hydrated**

- Don't wait until you are thirsty. Make water your go-to drink. Drink water early ... and often.
- Drink sports drinks (in moderation with water) to help replace electrolytes lost during exercise.
- Avoid sugary, alcoholic, and very cold drinks.
- Eat plenty of fruits and vegetables.

3. **Stay Connected**

- Check on each other, especially those at high risk of heat-related illness including infants and young children, people 65 years of age or older, individuals with chronic illness, disabilities or who are pregnant.
- Use a buddy system when working in the heat.

4. **Stay Informed**

- Check your local news for weather forecasts, extreme heat alerts, and cooling center information.
- Know the warning signs of heat-related illness (Heavy sweating, muscle cramps, weakness, headache, nausea or vomiting, paleness, fatigue, light headedness or dizziness). If you feel any of these symptoms, move to a cooler location immediately. If symptoms persist, seek medical attention.

ADDITIONAL INFORMATION:

- [Video from CDPH Director and State Public Health Officer Dr. Tomás Aragón](#)
- [Extreme Heat Information](#)
- [Tips for Treating Heat-Related Illness](#)
- [Ready.ca.gov](https://ready.ca.gov)
- [Listos California Summer of Safety](#)
- [California Heat Assessment Tool](#)
- [Tips for Preventing Heat Related Illness](#) (CDC)
- [Sun Safety](#) (CDC)
- [Heat and Infants and Children](#) (CDC)