

EMD BULLETIN



Emergency Management Department

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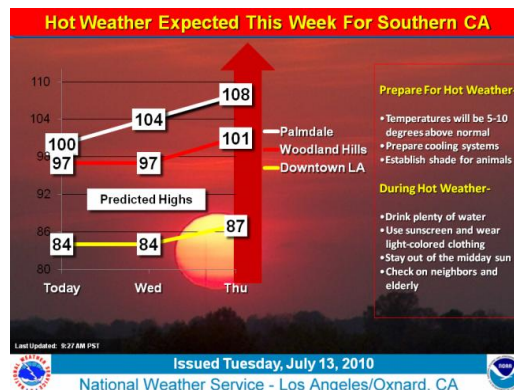
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HEAT ADVISORY BULLETIN July 13, 2010 EMD-01

The National Weather Service has predicted that temperatures will begin to warm significantly across inland areas today and then peak Thursday (7/15) – Saturday (7/17).

Temperatures are expected to climb well into the 90s across the Valleys while the warmest mountain locations and Antelope Valley are expected to soar to over 100 degrees. During the peak of the heat wave, Thursday (7/15 – Saturday (7/17) projected inland temperatures are as follows:

- Valleys: 90-102 degrees.
- Mountains: 85-106 degrees.
- Antelope Valley: 102-109 degrees.



During periods of excessive heat there is an increased risk of heat exhaustion, heat cramps and sunstroke. Here's what you can do when the weather gets extremely hot:

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.

About the Emergency Management Department (EMD)

The Emergency Management Department was established by ordinance in 2000 by the City Council and Mayor. EMD is dedicated to leading the City in comprehensive emergency management including: planning, mitigation, preparation, response to and recovery from natural, manmade and accidental incidents of high consequence.

- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, seniors, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

To provide the public with relief from the heat, City facilities will be utilized as cooling centers. Those facilities include Libraries, Senior Citizen Centers, and Recreation and Parks facilities. Information regarding City facilities can be located at:

- 3-1-1
- (213) 228-7000 to locate a library or visit <http://www.lapl.org/branches/>
- <http://www.laparks.org/dos/senior/senior.htm> for a list of Senior Citizen Centers.
- www.laparks.org for specific hours of operation for Recreation and Parks facilities.

Information is also available at:

- City of Los Angeles website (<http://emergency.lacity.org>)
- ReadyLA (<http://www.readyla.org/>)
- Twitter (<http://twitter.com/readyla>)
- Facebook (<http://www.facebook.com/readyla>),
- Emergency Management Department Information Helpline (800) 439-2909