

During any weather emergency, keep a radio on for information, updates and travel advisories. Websites may also provide useful information.

Storm, Wind:

1. If outdoors, stop all activities and seek shelter. If possible, avoid assembling or seeking shelter in auditoriums or other structures with large, open roof spans.
2. If possible, assemble in windowless rooms/hallways located in the center of a building. Stay away from windows.
3. Close doors, windows and blinds.
4. If weather becomes severe, crawl under a sturdy table/desk, close eyes, clasp hands behind neck, and cover ears and head with forearms.
5. If downed or broken electrical lines, or broken gas lines, secure area and keep others away. Dial 911, notify site administrator, and contact appropriate agency [Southern California Edison at (800) 611-1911 or Southern California Gas at (800) 427-2200].
6. Be aware of hazardous debris and contaminated food and water.
7. Watch for or call for assistance.

Extreme Cold:

1. Dress in several layers of warm, loose-fitting clothing. Remove extra layers when you feel too warm.
2. Stay indoors and stay dry. Conserve heat.
3. Close off unneeded rooms; cover windows with blankets; stuff rags or towels in cracks under doors.
4. Stay awake, but avoid exertion; and as you sit, keep moving your arms and legs to improve circulation.
5. Be careful of the potential hazards of space heaters, candles, etc. Never use a charcoal grill or any combustibles indoors.
6. **Hypothermia symptoms:** Shivering/exhaustion, confusion, fumbling hands, memory loss or slurred speech, drowsiness, bright red/cold skin, loss of consciousness. If any symptoms are present, take the person's temperature and begin warming the person: Offer warm beverages; remove wet clothing; warm the center of the body first; use skin-to-skin contact; wrap the entire body in blankets, including head and neck. Administer CPR if the person is not breathing. *A BODY TEMPERATURE OF 95 DEGREES OR LOWER IS A LIFE THREATENING EMERGENCY – DIAL 911.*

Extreme Heat:

1. Wear light-colored clothing and take advantage of shade and air conditioning when possible.
2. Limit outdoor activities and drink lots of water or other non-alcoholic and caffeine-free beverages.
3. DO NOT leave people or pets in vehicles with windows closed or only partially open.
4. Since hot weather increases fire hazard, be careful with possible source of ignition.
5. Be aware of the symptoms of heat emergencies:
 - **Heat cramp symptoms:** Muscle cramps.
Get the person to a comfortable position in a cooler place. Lightly stretch the affected muscle. Give half glass of non-alcoholic, caffeine-free liquid every 15 minutes – drink slowly.
 - **Heat exhaustion symptoms:** Cool, moist, pale or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness or exhaustion. Body temperature will be near normal.

Get the person to a comfortable position in a cooler place. Remove or loosen clothing and apply cool, wet cloths (towels or sheets) to the entire body. If the person is conscious, give half glass of non-alcoholic, caffeine-free liquid every 15 minutes – drink slowly. Watch carefully for changes in condition.

- **Heat stroke symptoms:** Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid shallow breathing. Body temperature can be very high. Skin may be wet or dry.
HEAT STROKE IS A LIFE THREATENING EMERGENCY – DIAL 911.

Poor Air Quality or Smog:

1. Limit or cancel outdoor activities.
2. Be prepared to give aid to those with breathing problems including asthma.

WEATHER / AIR QUALITY