

A HEAT WAVE IS WHEN THREE CONSECUTIVE DAYS OF 90-DEGREE TEMPERATURES ARE EXPECTED. Be a good neighbor during this wave - please check on elderly relatives and neighbors a number of times throughout the day to make sure they are healthy and safe.



HEAT EXHAUSTION VS. HEAT STROKE

The early warning signs of heat exhaustion are nausea, light-headedness, fatigue, muscle cramping and dizziness. It is imperative to recognize the warning signs and act on them as soon as possible.

At the first sign of heat exhaustion, it is important to take the following steps to help get your temperature down and cool your body:

- Move to an air-conditioned place
- Take a cold shower or using cold compresses
- Drink plenty of fluids
- Remove tight or extra clothing layers

Unlike heat exhaustion, a heat stroke requires immediate medical attention. Someone experiencing heat stroke may have a headache, confusion, no sweating, rapid heart rate, nausea or vomiting and may lose consciousness.

If a heat stroke is suspected, it is vital to take the following steps:

- Call 911 immediately
- Move the person to a cooler place
- Use cold compresses to get their temperature down



Neighborhood Community Management
2828 Cochran Street, #281 Simi Valley, CA 93065
P: (805) 329-5050 F: (805) 329-5111
www.welcome-ncm.com