

Summer Heat Safety Tips

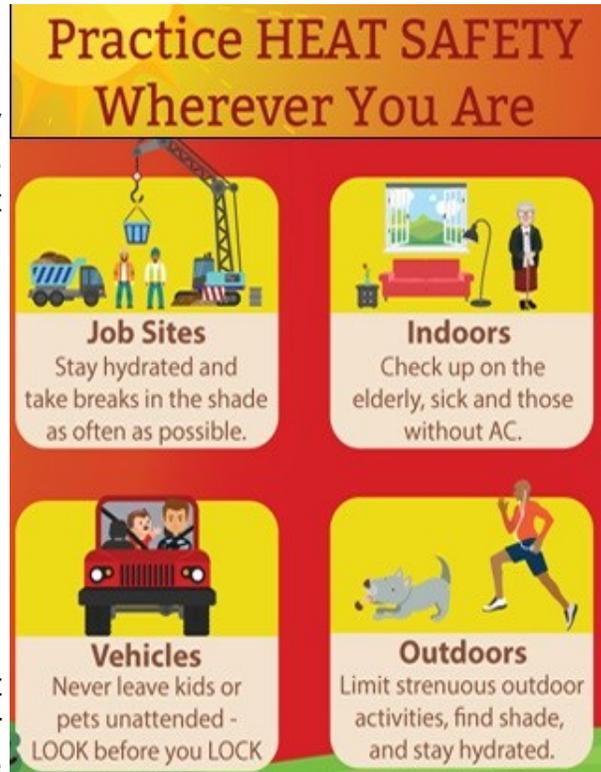
Soaring summer temperatures and high humidity can impact the most healthy of individuals. It is important that everyone know the signs of heat illness, and what you can do to protect yourself, your family, coworkers, and pets.

Be sure to do the following during heat events:

- Stay hydrated by drinking water.
- Take frequent breaks in the shade.
- Never leave children or pets in vehicles.
- Limit strenuous outdoor activities.
- Check up on the elderly, sick, or those without air conditioning.

Symptoms of heat illness can include rapid heart beat, heavy sweating, extreme weakness or fatigue, and cramping. If you exhibit these symptoms, stop all activity, sit in a cool place, and be sure to drink water, clear juice, or a sports beverage. If symptoms persist for over an hour, seek medical attention or call 9-1-1.

For additional information on heat safety visit the American Red Cross [website](#), or National Weather Service [website](#), or contact the City of Diamond Bar at 909.839.7013.



Practice HEAT SAFETY Wherever You Are

- Job Sites**
Stay hydrated and take breaks in the shade as often as possible.
- Indoors**
Check up on the elderly, sick and those without AC.
- Vehicles**
Never leave kids or pets unattended - LOOK before you LOCK
- Outdoors**
Limit strenuous outdoor activities, find shade, and stay hydrated.

Outdoor Illness Prevention

Summers are known for bringing out all kinds of bugs, most notably the pesky mosquito. This year, the Centers for Disease Control [website](#) has a lot of useful information about mosquito transmitted diseases such as West Nile Virus and Zika Virus. Both illnesses can be transmitted by mosquitos, but with some careful planning and prevention can be avoided. If you are going to be outdoors especially early morning or at dusk, consider using an EPA-registered insect repellent, as well as wearing pants and long-sleeved shirts.



For additional information, you may also visit the Greater Los Angeles Vector Control District website at www.glacvcd.org/ or contact them by phone at (562) 944-9656.

