

### 1 Stay cool and drink water

Water is life - drink up! Check out [BWW's water guide](#) for information about drinking water in the home, and look up your local [hydration stations](#).



### 2 Stay cool and aware

Extreme heat can affect your health! Make sure you recognize [symptoms](#) of heat stress & heat stroke!

### 3 Stay cool and fun

Cooling down doesn't have to be a chore! Experiment with [summer drinks](#) to keep healthy and hydrated.

### 4 Stay cool & replace electrolytes

Sweaty day? Eat and drink electrolyte rich foods like legumes, leafy greens, and nuts.



### 5 Stay cool under the sun

Wear loose, natural materials like linen and cotton to cover your skin, and use a hat to keep your head cool. Don't forget your SPF!



### 6 Stay cool at home

Keeping your blinds or curtains shut during the hottest part of the day helps to regulate the temperature inside.

Use A/C or a basic fan to create air flow at home.

### 7 Stay cool in public spaces

Check out [local cooling centers](#), like public libraries and recreation facilities, on hot days.

### 8 Stay cool at work

If you work outdoors in CA, your employer is [required](#) to offer training, water, shade breaks, and heat plans. Complaints can be made [here](#).

### 9 Stay cool on the go

Ventilate your car, park in shade, and/or consider using sun visors. LA Metro trains and buses are all air conditioned.



### 10 Stay cool in community

On extreme heat days, consider checking in with vulnerable neighbors and family members



### 11 Stay cool with kids

Swimming at a [local pool](#) is a fun way to stay active with your family, while also cooling yourselves down!

### 12 Stay cool between the sheets

Sleeping and cuddling can be more difficult on hot nights. Avoid polyester sheets, enjoy calming scents like lavender, and use a fan to create air flow.



### 13 Stay cool and breathe easy

Use weather apps to pay attention to your local [Air Quality Index \(AQI\)](#). When it's high, consider staying indoors. If it's often high, consider purchasing an air filter.

### 14 Stay cool & well

The heat can zap your energy - take time to recharge your batteries. Alone time? Rest? Up to you!





## WHY IS STAYING COOL SO IMPORTANT?

Heat-related illnesses and deaths are preventable, and yet over 1,000 people in the US are killed by extreme heat every year!

Pregnant people are more likely to get sick when it is hot, since their bodies work harder to keep themselves and their baby cool.

Children, babies, and the elderly are also especially vulnerable to extreme heat!

## Why Is It So HOT?

**1 Climate Change:** Human actions, mostly in developed countries, have caused global temperatures to increase and made summer heatwaves more and more common.

**Heat Island Effect :** Cities like Los Angeles have a lot of buildings and concrete, and a lack of tree shade, which causes heat to be trapped and intensified in the summers.

**2**

**3 Environmental Racism:** Communities of color are more exposed to and harmed by extreme heat, both locally and globally. In the US, formerly redlined communities and low-income neighborhoods are more vulnerable to heat.

