



SAN GABRIEL/POMONA REGIONAL CENTER SUMMER HEAT WARNING & TIPS FOR THE SG/PRC COMMUNITY

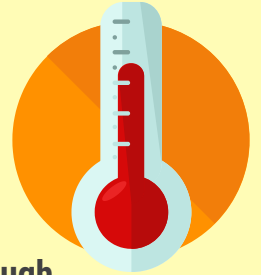
These high temperatures can be very dangerous for the individuals we serve, particularly the elderly, those diagnosed with epilepsy and other individuals with fragile medical conditions.

SG/PRC is urging service providers to exercise extreme caution in activities and are encouraged to remain indoors, in air-conditioned settings.

Residential facilities should carefully evaluate whether residents, at risk during high temperatures. Please ensure if residents do attend program, that they are properly dressed and have a supply of water.

Transportation companies are reminded of the importance of having drivers do a thorough pre-trip inspection to ensure the vehicle air conditioning is in proper working order.

Transporters are also reminded to carry a supply of cold drinking water in the event an individual appears dehydrated or in need of drinking water.



EXTREME HEAT ALERT - PLEASE BE CAUTIOUS WITH HIGH TEMPERATURES

For additional information on heat-related illnesses and prevention, you can also call the LA County Information line at 2-1-1 from any landline or cell phone within the county.

VENDORS: During an extreme heat event, you should implement various procedures to protect the health and safety of residents and staff, including, but not limited to the following:

- curtailing or suspending outdoor activities
- closing training sites that lack air conditioning
- providing for alternate activities for residents in air conditioned areas - providing extra fluids, sunscreen and modified clothing
- adjusting employee work schedules to avoid strenuous assignments during afternoon heat
- distributing reminders to staff regarding precautionary measures

TIPS FOR EMERGENCY PREPAREDNESS:

Some quick and basic proactive strategies for consumers, families, providers, and vendors are to:

- Make a plan <https://www.listocalifornia.org/prepare-your-community/toolkit/>;
- Ensure basic supplies are on hand;
- Have bags prepared and ready to go if an evacuation is necessary;
- Include this information in go-kits/bags:

Health Profile (listocalifornia.org); and <https://www.dds.ca.gov/consumers/resources/consumer-friendly-publications/>

- Ensure up-to-date contact information, and other personal or important

Information, is handy and portable;

- Sign up for alerts with your utility company to be notified of PSPS events in your area: <https://prepareforpowerdown.com/>



FOR MORE RESOURCES, PLEASE VISIT OUR WEBSITE
AT WWW.SGPRC.ORG OR BY [CLICKING HERE](#)



San Gabriel / Pomona
Regional Center