



# Ventura County Area Agency on Aging

## IMPORTANT INFORMATION FOR HEAT ADVISORIES

### What To Do

- Drink plenty of liquids, such as water or fruit or vegetable juices. Stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.
- If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible. Limit use of the oven. Keep shades, blinds, or curtains closed during the hottest part of the day. If safe, open your windows at night.
- Dress for the weather. Some people find natural fabrics such as cotton to be cooler than synthetic fibers.
- Shower, bathe, or sponge off with cool water.
- Lie down and rest in a cool place.
- Cooling Centers are available throughout Ventura County. For a list of cooling centers available in your area, visit <https://211ventura.org/disaster-resources/>. All cooling centers are following social distancing and other COVID-19 related guidelines. Please call prior to heading to one of the listed locations to confirm hours of operation.

### Signs of Heat Stroke

If you suspect you or a loved one are suffering from heat stroke, call 911. Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at high risk. Signs of heat stroke include fainting (possibly the first sign) or becoming unconscious; a change in behavior (confusion, agitation, staggering, being grouchy, or acting strangely); body temperature over 104°F (40°C); dry, flushed skin and a strong, rapid pulse or a slow, weak pulse; no sweating even if it is hot.