HEATWAVES

Smoldering temperatures reaching 119° in Agoura Hills can affect older adults, individuals with health problems, children, and pets. Stay cool during heatwaves with tips down below.

Prepare for Extreme Heat

- **Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort but do not reduce body temperature or prevent heat-related illnesses.**
- **Locate community cooling centers such as libraries.**
- **Cover windows with drapes or shades.**
- **Weather-strip doors and windows.**
- **Use window reflectors specifically designed to reflect heat back outside.**
- **Add insulation to keep the heat out.**

Being Safe During a Heatwave

- **Never leave people or pets in a closed car on a warm day.**
- **Take cool showers or baths.**
- **Wear loose, lightweight, light-colored clothing.**
- **Reduce your oven use to keep your home cool.**
- **If outside, stay under shade, and wear a hat wide enough to protect your face.**
- **Stay hydrated**
- **Check on family members, seniors, and neighbors.**
- **Watch for heat cramps, heat exhaustion, and heat stroke.**
- **Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.**