

Heat Wave Resources

Over the next several days, California is facing an excessive heat wave with parts of the state reaching record breaking temperatures. Older adults, children under four, people with existing medical conditions, and those without access to air conditioning are the most at risk to extreme heat and heat-related illnesses. To prepare for this heat wave, I am sharing with you a list of trusted resources to keep you and your loved ones safe, healthy, and cool during this time. Help spread the word and share these resources with your family, friends, and communities.

Excessive Heat Resources:

- [How to stay safe in extreme heat](#) (Cal OES)
- [Be informed about extreme heat](#) (California Department of Public Health)
- [Preventing heat-related illness](#) (Centers for Disease Control)
- Find a [cooling center](#) near you (Cal OES)
- [Signs of dehydration](#) (Center for Disease Control)
- Subscribe for [Flex Alerts](#) and help keep the power on in California (California ISO)
- [Monitor the weather forecast in your area by zip code](#) (Weather.Gov)
- When temperatures rise, it's smart to stay informed of [red flag alerts and fire weather](#) (CAL FIRE)
- The Governor [proclaims a state of emergency](#) to increase energy production and reduce demand
- Additional [heat wave resources](#) geared towards older adults and people with disabilities

Older Adult Resources:

- [Aging and Adult Information Line](#) – For local information and assistance for aging and disability services call, 1 (800) 510-2020
- [CRISISline](#) – For protection from abuse and neglect for individuals living in Long-Term Care facilities call, 1 (800) 231-4024
- [Adult Protective Services](#) – For protection from abuse and neglect for individuals living at home call, 1 (833) 401-0832
- [Friendship Line California](#) – You are not alone, call 1 (888) 670-1360 for someone to listen 24/7

Sincerely,

Susan DeMarois, Director
California Department of Aging

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