

# Heat Waves & Health

The changing climate will make extreme heat waves more common in Alameda County.

- High temperatures can feel even hotter when living in an urban environment and heat waves can be very dangerous.
- A very high body temperature can affect the brain and other vital organs.
- Some health conditions like obesity, heart disease, and dehydration along with certain medications can make it harder for the body to stay cool in hot weather.

## Signs of Heat-Related Illness

### HEAT EXHAUSTION

Heat exhaustion is less intense than heat stroke, but is still a serious health threat.

- Headache
- Dizziness
- Heavy sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Fast, weak pulse
- Muscle cramps
- Loss of consciousness
- Tiredness or weakness



### HEAT STROKE

Heat stroke is a serious and potentially life threatening condition.

- Headache
- Dizziness
- Confusion
- No sweating
- High body temperature
- Red, hot, dry or damp skin
- Nausea
- Fast, strong pulse
- Loss of consciousness

## What to do for heat-related illness

### HEAT EXHAUSTION

- Move to a cooler place
- Hydrate, sip water
- Rest and cool down
- Consider calling 911 if symptoms worsen or last longer than 1 hour

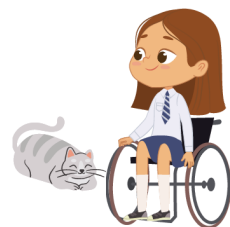


### HEAT STROKE

- Call 911 immediately
- Do not drink anything
- Move to a cooler place

## Pay Attention to Vulnerable Groups

- Infants and children
- Seniors
- People with disabilities
- Homeless or unsheltered
- People living alone
- Pets



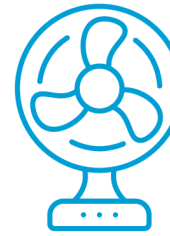
# Prevent

## Heat-Related Illness



**Stay hydrated!** Don't wait until you're thirsty. Avoid drinking alcohol, caffeine, and sugary drinks.

**Stay cool!** Head indoors or find a **Cooling Center** in your community. A cooling center is a public location that is air-conditioned. It is a temporary space that will be open during heat waves. For a list of Cooling Centers across Alameda County, call 2-1-1.



**Avoid strenuous activities** and limit time exposed to the sun. Use sunscreen and consider wearing a hat if you must go outside.

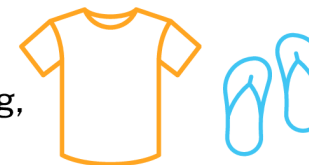
**Never leave infants, children or pets in the car!**



**Use the Buddy System!**

Check on the health of your family and friends, especially if they are children, elderly people, or people with physical or mental disabilities.

**Dress cool!** Wear light-colored, lightweight and loose-fitting clothing, and open shoes.



**Shower or bathe in cold water frequently** or cool off with a fan.

**Keep your home cool!**

Close your curtains and avoid cooking, especially during the hottest part of the day. Sleep cool at night.



For more tips on Preventing Heat-Related Illness, visit: [cdph.ca.gov/Programs/EPO](http://cdph.ca.gov/Programs/EPO)

# Family Emergency Plan

Local Cooling Center: \_\_\_\_\_

Emergency meeting place:

Neighborhood: \_\_\_\_\_

Out of neighborhood: \_\_\_\_\_

During a heat wave, I will call to check on:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

If I have an emergency, I will call:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Out-of-town contacts:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Out-of-state contacts:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency kit location:

\_\_\_\_\_

Other information, medications, phone numbers:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Alameda County Health

Update: 7/9/24

# Emergency Medical Care

## Wilma Chan Highland Hospital

1411 E. 31st Street  
Oakland, CA 94602  
(510) 437-4800

## Alameda Hospital

2070 Clinton Avenue  
Alameda, CA 94501  
(510) 522-3700

## Alta Bates

### Summit Medical Center

350 Hawthorne Street  
Oakland, CA 94609  
(510) 655-4000

## Alta Bates

### Summit Medical Center

2450 Ashby Avenue  
Berkeley, CA 94705  
(510) 204-4444

## Kaiser Permanente Fremont

39400 Paseo Padre Parkway  
Fremont, CA 94538  
(510) 248-3000

## Kaiser Permanente Oakland

3600 Broadway  
Oakland, CA 94611  
(510) 752-1000

## Kaiser Permanente San Leandro

2500 Merced Street  
San Leandro, CA 94577  
(510) 454-1000

## San Leandro Hospital

13855 E. 14th Street  
San Leandro, CA 94578  
(510) 357-6500

## St. Rose Hospital

27200 Calaroga Avenue  
Hayward, CA 94545  
(510) 264-4000

## Stanford Health Care Tri-Valley Medical Center

5555 W. Las Positas Boulevard  
Pleasanton, CA 94588  
(925) 847-3000

## Eden Medical Center

20103 Lake Chabot Road  
Castro Valley, CA 94546  
(510) 537-1234

## UCSF Benioff Children's Hospital Oakland

747 52nd Street  
Oakland, CA 94609  
(510) 428-3000

## Washington Hospital Healthcare System

2000 Mowry Avenue  
Fremont, CA 94538  
(510) 797-1111



# Emergency Kits

Consider making two kits to have available in easy-to-get-to spots. Each kit should contain items for your personal and households needs.

1) **HOME KIT:** This kit can be in any size container because it will be used at your own home, and place outside in case of earthquake.

2) **READY-TO-GO KIT:** This is a small kit you can keep in your car or at work and should be mobile. The kit should be in an easy-to-carry container with strong straps like a backpack. Keep a three-day supply of food, water, and medications.

## Basic Kit

- First-aid kit
- Family Emergency Plan
- Emergency blanket
- Charged cell phone that includes emergency contacts
- 3 day supply of water in sealed, unbreakable containers, for drinking and washing **for each person and pet**
- 3 day supply of food that doesn't need refrigeration
- 3 day supply of prescription meds & treatment info
- Radio- battery powered, solar, or hand-cranked
- Copies of important documents (medical records, insurance information, birth certificate, etc.)
- Flashlights with extra batteries stored separately
- Toiletries and hand sanitizer
- Trash bags, duct tape, plastic sheets, disposal gloves, face masks
- Manual can opener and basic eating utensils
- Extra clothes inc. long-sleeved shirt, pants, & sturdy shoes
- Cash in small bills
- Family photos

## Consider special kit needs for:

- **Infants:** Powdered formula, baby food, diapers
- **Children:** Toys & books
- **People with Disabilities:** Adaptive equipment, batteries, back up power
- **Seniors:** Spare glasses, hearing aids, medication
- **Pets:** Medication, collars & leashes, pet waste bags, food



# Important Resources

## Get Prepared!

- Sign up for **AC Alert** at [acgov.org/emergencysite](https://acgov.org/emergencysite).



You can choose to receive emergency notifications on your home or cell phone by call or text.

- Download **OSHA Heat Safety** app which has real-time local heat index and hourly forecasts, as well as worker health and safety recommendations.



## Local Radio Stations- English

**KCBS 740 AM/ 106.9 FM KPFA 94.1 FM KALW 91.7 FM**

## Estaciones de Radio Locales – Español

**KSOL 98.9 FM**

## More Resources

**Alameda County Information & Resources Eden I&R**  
[edenir.org](https://edenir.org) | Call 2-1-1 anytime or text 898211, Mon to Fri 9am to 4pm

**Alameda County Public Health Department: Heat and Health**  
[acphd.org/phep/heat-and-health.aspx](https://acphd.org/phep/heat-and-health.aspx)

**Alameda County Sheriff, Emergency Preparedness**  
[acgov.org/emergencysite](https://acgov.org/emergencysite)

**American Red Cross** [redcross.org](https://redcross.org) | (800) 733-2767

**California Poison Control Center** [calpoison.org](https://calpoison.org) | (800) 876-4766

**Center for Disease Control and Prevention (CDC) Extreme Heat**  
[cdc.gov/disasters/extremeheat](https://cdc.gov/disasters/extremeheat)

**Cooling Our Communities, Unincorporated Alameda County**  
[acgov.org/cda/planning/sustainability/cooling-our-communities.htm](https://acgov.org/cda/planning/sustainability/cooling-our-communities.htm)

**Department of Homeland Security, Emergency Preparedness**  
[ready.gov](https://ready.gov)

**PG&E Public Safety Power Shutoff (PSPS) Resources**

(800) 743-5000 | For real-time PSPS Updates,  
[pge.com/pspsupdates](https://pge.com/pspsupdates)

Lower your energy bill through the medical baseline program for certain qualifying medical conditions, [pge.com/medicalbaseline](https://pge.com/medicalbaseline)

