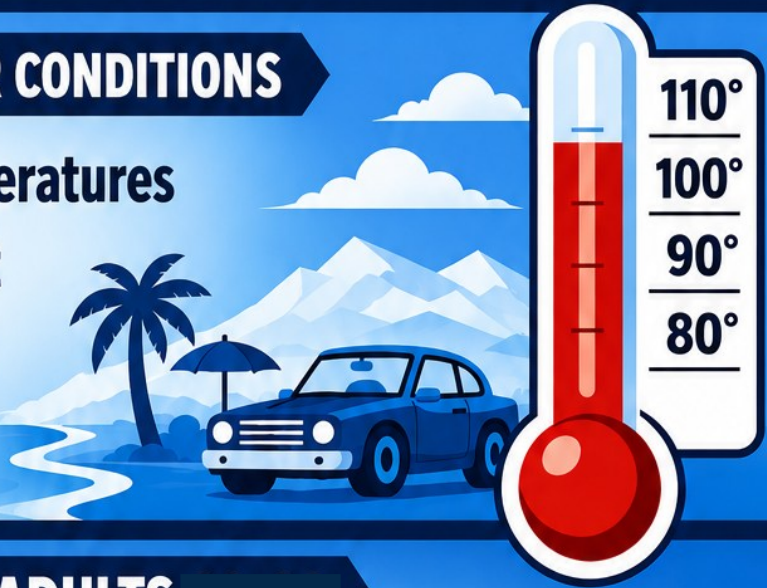


BEAT THE HEAT

EMERGENCY PREPAREDNESS COMMITTEE

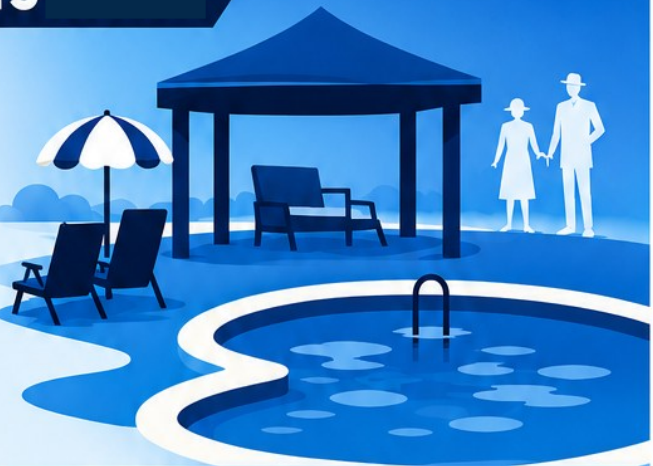
EXTREME SUMMER CONDITIONS

- Very High Temperatures
- Dry Desert Heat
- Tropical Storms
- High Humidity



IMPORTANT FOR ADULTS

- Drink water frequently
- Avoid alcohol & caffeine
- Wear lightweight clothing
- Check your medications
- Never stay in a parked car
- Have a cooling plan



STAY COOL & PROTECTED



Wear a Hat



Use Sunscreen



Stay Hydrated



Stay in
the Shade



Keep Cool



Enjoy
Watermelon



Contact us at EPC@scpdca.com