Summer is here again and that means hot temperatures. Warm weather is great for enjoying everything Southern California has to offer, but as things heat up, you may need to take extra precautions to stay safe and healthy.

HERE ARE SOME TIPS FOR HAVING A SAFE AND FUN SUMMER

- Remember to drink water and wear light, loose fitting clothing to stay cool. And don’t forget your sunscreen!

- Check on neighbors during the hottest days, especially ones who might be more vulnerable to the heat. Share a cool drink and a conversation to make sure your neighbors aren’t being affected by warm temperatures. If you see someone showing signs of heat-related illness, seek medical attention immediately!

- Never leave pets or children unattended in cars! Temperatures inside closed cars can skyrocket to deadly extremes in just minutes.

- Learn the signs and symptoms of heat-related illnesses and how to treat them. The most serious heat-related illness is heat stroke. It is characterized by high body temperature, hot, red, dry, or damp skin, strong pulse, nausea, confusion, or even loss of consciousness. If any heat-related illness symptoms are suspected, be safe and dial 911 for a fire department paramedic response.

FOR MORE INFORMATION ON HEAT SAFETY, GO TO:

CDC Hot Weather Tips