



City of  
**South Gate**<sup>TM</sup>

# BEAT THE HEAT!

*Extreme heat or heat waves occur when the temperature reaches extremely high levels or when a combination of heat and humidity causes the air to become oppressive. Below are some tips on how to keep yourself and pets safe:*

## Keep in Touch



Check in with older folks, look after yourself and our youth



Listen to the weather forecast and the news



Plan ahead to avoid the heat

## Keep Well



Drink plenty of water, cut back on caffeinated and sugary drinks



Dress appropriately for the weather



Slow down when its HOT out

## Pets



Provide shade and water



Never leave in parked car



Keep PAWS off asphalt



Limit exercise

**CITY OF SOUTH GATE**  
**Parks & Recreation Department**

For more information about beating the heat or cooling station availability call the Parks Administration office at (323) 563-5479.