



PRESS RELEASE

City of La Habra
201 E. La Habra Blvd
La Habra, CA 90631
(562) 383-4000

May 14, 2014

FOR IMMEDIATE RELEASE

PRESS RELEASE #13-2014

Subject: High Temperature Advisory for La Habra – Residents Advised to Limit Outdoor Activity and Remain Hydrated.

**Contact: La Habra Emergency Services Office (562-383-4300)
La Habra City Manager’s Office (562-383-4010)**

Temperatures in La Habra are expected to reach 100 degrees on Wednesday, May 14th, and Thursday, May 15th. During these weather conditions, there is an increased risk of heat related illnesses, such as heat exhaustion or heat stroke.

Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. At the first sign of heat exhaustion, move to a cool location, rest and drink fluids. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

In a proactive effort to inform and protect our community, and in conjunction with other public agencies in the Orange County Operational Area, the City of La Habra has activated its Heat Plan to the Phase One “Readiness Level.” Phase One is the lowest level of response. In the event of a heat index of 105 degrees, daytime temperatures of 105 degrees or nighttime temperatures of 85 degrees, or a major regional power disruption caused by extreme weather conditions, the City would elevate its response to the Phase Two “Activation Level,” at which time the La Habra Community Center (101 West La Habra Boulevard) would serve as the City’s designated cooling station.

At this time the National Weather Service does not forecast temperatures high enough to trigger a Phase Two response, nor are there any apparent power issues affecting the Southern California region. However, the City will continue to monitor weather conditions and respond appropriately.

During warm weather events, residents are encouraged to:

- Drink plenty of water; do not wait until you are thirsty.
- Wear light, loose-fitting clothing.
- Stay out of the sun if possible, and when in the sun, wear a hat, preferably with a wide brim, and use sunscreen.
- Avoid strenuous activities if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.
- Never leave children, elderly people or pets unattended in closed cars or other vehicles.
- Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.
- Stay cool indoors – if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information, please contact La Habra Emergency Services Office at 562-383-4300.

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