



03 June 2024

## EXCESSIVE HEAT WARNING AND TIPS TO STAY SAFE FROM THE HEAT



# ADVISORY

The Philippine Consulate General in Los Angeles advises all Filipinos in the U.S. Southwest that the National Weather Service (NWS) issued an **"Excessive Heat Warning"** for residents in **Southeast California, Southern Nevada and Northwest Arizona**. Hot temperatures can soar up to 115°F (~46.11°C).

The public is advised to exercise caution to avoid heat-related problems, including heat exhaustion that can lead to heat stroke and death in the absence of medical intervention. Here are some tips from the Centers for Disease Control and Prevention (CDC):

- Limit time outside
- Wear lightweight and loose fitting clothing
- Wear sunscreen
- Stay hydrated
- Avoid leaving young children and pets in unattended vehicles
- Monitor high-risk loved ones
- Pay attention to local forecast
- Call 9-1-1 if someone shows symptoms of heat stroke or heat exhaustion

For more information, visit:  
<https://www.cdc.gov/extreme-heat/media/pdf/beat-the-heat-2017.pdf.pdf>



PHILIPPINE CONSULATE GENERAL IN  
LOS ANGELES

