



Extreme Heat Warning and Heat Advisory

For Thursday, August 21st to Saturday August 23rd, the Los Angeles County Department of Public Health urges residents to take precautions to avoid heat-related illness - such as heat exhaustion, heat stroke, and heat cramps. The South Bay in particular Palos Verdes Hills, Friday, August 22nd will be affected.

Public Health recommends the following tips to keep yourself and others safe during excessive heat:

- Drink plenty of water and keep hydrated throughout the day
- If you must go out, plan your day to avoid going out during the hottest hours, and wear sunscreen (SPF 15)
- Wear lightweight, light-colored clothes, and wear a hat or use an umbrella
- Cars get very hot inside, even if the windows are 'cracked' or open. Never leave children or pets alone in cars. Call 911 if you see a child or pet in a car alone
- Check on those at risk for heat-related illness, like those who are sick or have chronic conditions, older adults, pregnant women, children, those who live alone, pets, and outdoor workers and athletes

If you don't have air conditioning, follow these tips:

- Stay hydrated and don't wait until you're thirsty to drink water
- Take cool showers or baths
- Use your stove and oven less to avoid making your home hotter
- Visit a library, cooling center, shopping mall, or other air-conditioned space. If you need help finding a cool space, call 211

Heat-Related Illness

It's crucial to know how to recognize and help someone who is experiencing a heat-related illness (Flyer attached). Call 911 right away if you see these symptoms: high body temperature (103°F or higher), dizziness, nausea, passing out, headache, fast & strong pulse, confusion, and hot, red, dry, or damp skin.

Watch out for each other. Everyone should take precautions to prevent heat-related illness, but there are groups more vulnerable to heat. Check on those who are sick or have chronic conditions, older adults, pregnant people, children, those who live alone, pets, and outdoor workers and athletes.

County and City partners have planned ways to operate cooling centers during times of high heat safely. Residents who do not have access to air conditioning are encouraged to take advantage of these free cooling centers, splash pads, and community pools. To find a location near you, visit <https://ready.lacounty.gov/heat/> or call 211.

Los Angeles County residents and business owners, including people with disabilities and others with access and functional needs, can call 211 for emergency preparedness information and other referral services. The toll-free 211 number is available 24 hours a day, seven days a week. 211 LA County services can also be accessed by visiting 211la.org.

You can find the most up-to-date information by visiting our extreme heat websiteⁱ, signing up for our [heat advisories](#)ⁱⁱ, and following us on all social media platforms where we share tips and advisories on heat. Our social media handle is **@lapublichealth** on all platforms.

Public Health Is Public Safety

At Los Angeles County Department of Public Health, we work to protect and promote the health of all residents by preventing disease, reducing health risks, and ensuring equity across communities. From safe food and clean water to emergency preparedness and chronic disease prevention, our work strengthens the foundation of community safety. By addressing the root causes of illness and injury, we not only save lives but also create healthier, more resilient neighborhoods where everyone can thrive. Check our website to learn more [LA County Department of Public Health](#)

National Breastfeeding Awareness Month

In recognition of National Breastfeeding Awareness Month and throughout the year, Public Health, alongside community partners, actively supports families through educational events, resource distribution, and engagement with healthcare providers and policy makers. The Division of Maternal, Child and Adolescent Health (MCAH) works to ensure that families have access to accurate information, culturally appropriate support, and safe environments that empower breastfeeding. From hosting workshops to creating breastfeeding-friendly spaces in public areas, we are proud to support families on their infant-feeding journey and promote a healthy start for all children.

From 2024 to 2025, MCAH programs have:

- Partnered with the Emergency Preparedness and Response Division (EPRD) to develop a handout on how to feed infants/children during emergencies and plan future community-based emergency preparedness trainings that incorporate infant feeding.
- Partnered with BreastfeedLA to:
 - Release a new prenatal toolkit which details how to provide support to birthing people through their breast/chestfeeding journey.
 - Implement a milk transportation program at the County women's jail to enable incarcerated birthing parents to provide breastmilk to their infants, from whom they are separated.
 - Train MCAH staff and partners interested in becoming Lactation Education Specialists.
- Provided breastfeeding education and support to enrolled home visiting and doula clients and their families.
- Began revamping and expanding the African American Infant and Maternal Mortality Prevention initiative (AAIMM) Safe Space campaign, launched in 2022 as a rolling directory of businessesⁱⁱⁱ that welcome and support breast/chestfeeding at their place of business in the South LA/South Bay and Antelope Valley.

Los Angeles County Department of Public Health (DPH) is offering FREE life-saving Community Readiness Champions (CRC) (Flyer attached)

The Los Angeles County Department of Public Health (DPH) is offering FREE life-saving Community Readiness Champions (CRC) Gold Medal trainings for community and faith-based organizations. Emergencies can happen at any time, and having a prepared community trained in life-saving skills can make a critical difference in Los Angeles County. We are asking our community partners to host these FREE CRC Gold Medal trainings at your organization as a benefit for your staff, volunteers, and the people you serve. Our trainers will come to your agency and provide in-person training for groups of 10 people or more.

Ticket Relief Court

The Curtis Tucker Center for Community Wellness (CTCCW), in partnership with the Asian American Drug Abuse Program, offers a Ticket Relief Court every other month on the first Tuesday. This program is designed to provide a welcoming and accessible space for

individuals experiencing or at risk of homelessness, helping them overcome obstacles that limit their access to social services, employment, and full community participation. Working closely with the LA City Attorney's Homeless Engagement and Response Team, the Ticket Relief Court assists eligible participants in resolving moving violations and misdemeanor cases. The upcoming session will be held on September 2, 2025, from 12:30 PM to 2:30 PM at CTCCW, located at 123 W. Manchester Blvd., Inglewood, CA 90301.

Help Me Grow

CTCCW is partnering with Help Me Grow Los Angeles to host the "Los Angeles Parent Cafe Event" on Saturday, September 6, 2025, from 1:30 PM to 2:30 PM at CTCCW, located at 123 W. Manchester Blvd., Inglewood, CA 90301. This event aims to bring together parents of children with special health care needs for meaningful discussions on important topics, information sharing, and community support. It will provide a safe and welcoming space for parents to connect, share experiences, and access resources related to child development and special care needs.

ⁱ [http://publichealth.lacounty.gov/eh/safety/extreme-](http://publichealth.lacounty.gov/eh/safety/extreme-heat.htm?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

[heat.htm?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=](http://publichealth.lacounty.gov/eh/safety/extreme-heat.htm?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=)

ⁱⁱ https://public.govdelivery.com/accounts/CALACOUNTY/subscriber/new?topic_id=CALACOUNTY_233

ⁱⁱⁱ <https://www.blackinfantsandfamilies.org/breastfeeding>



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The CRC Gold Medal Training is a 2-hour training with four modules:



Mental Health Awareness During Emergencies

Participants learn how to address mental health concerns during a crisis or emergency.



STOP THE BLEED

Participants learn how to identify life-threatening bleeding and several methods that can be used to stop the bleeding.



Naloxone (Narcan®) Training

Participants learn how to recognize an opioid overdose and how to administer naloxone.



Hands-Only CPR/ Automated External Defibrillator Awareness (HOCPR/AED)

Participants learn how to do HOCPR and use an AED in response to a cardiac arrest.

The training will be at no cost to you. Click here to complete the request form:

<https://bit.ly/CRCGoldMedal>. Upon submission of your request, we will follow-up with you for additional information and to set up a training.

Upon COMPLETION of the training at your organization you will be eligible to receive a CPR manikin and educational materials to train other staff, clients, and others in Hands-Only CPR. If you have any questions or need more information, please email us at: CRCTraining@ph.lacounty.gov

