



# City of Monterey Park News Release

[www.MontereyPark.ca.gov](http://www.MontereyPark.ca.gov)

## Monterey Park Fire Department Warns of Excessive Heat Wave

Monterey Park, Calif. – July 3, 2018 - The [City of Monterey Park](http://www.MontereyPark.ca.gov) is issuing an excessive heat warning, meaning that a prolonged period of dangerously hot temperatures will occur towards the latter part of this week. The combination of hot temperatures and high humidity will combine to create a dangerous situation in which heat illnesses are likely. Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors. If you plan to be outdoors, please take the following precautions to protect yourself from the sun and heat:

- Avoid the sun from 10 a.m. to 3 p.m. when the burning rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light colored lightweight, loose-fitting clothes when you are outdoors
- Avoid hot, heavy meals that include proteins.
- Set your air conditioner between 75° to 80°. If you don't have air-conditioning take a cool shower twice a day and visit a public air conditioned facility.
- Check on elderly neighbors and family and friends who do not have air conditioning.
- Drink plenty of fluids even if you are not thirsty. Avoid alcohol.
- Use sunscreen with a sun protection factor of at least 15 if you need to be in the sun.
- Don't forget about your pets, they need plenty of water and shade.
- Insulate your home by installing weather stripping around your doors and window sills to keep the cool air inside.

Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, muscle cramps and increased thirst.

The [Monterey Park Langley Senior Center](http://www.MontereyPark.ca.gov) at 400 W. Emerson Avenue serves as a cooling center during heat waves such as this. Please check with Langley Center staff for cooling center hours.

To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency, call 9-1-1. If you have any questions, please contact the [Monterey Park Fire Department](http://www.MontereyPark.ca.gov) at 626-307-1423 or [Langley Senior Center](http://www.MontereyPark.ca.gov) at 626-307-1395.

### Media Contact

Division Chief Matt Hallock, PIO, Monterey Park Fire Department

[MHallock@montereypark.ca.gov](mailto:MHallock@montereypark.ca.gov)

626-307-1270

[www.MontereyPark.ca.gov](http://www.MontereyPark.ca.gov)