



Staying Cool

It is getting hot in the city of Long Beach. Below you will find some tips on how to stay cool.

Staying Cool in Extreme Heat:

1. Make sure you are drinking plenty of water, even if you don't feel thirsty.

TIP: use a reusable water bottle that you enjoy. When the water bottle is a color you like or has a design, it can be more fun to drink water.

2. Wear clothing that is loose and light-colored.

TIP: wear fabrics such as cotton or linen which are more breathable.

3. Limit your physical activity when it is hottest out.

TIP: it is usually hottest out from 10am-2pm.

4. Wear a hat and sunglasses when you go outside. It will protect you from the heat.

TIP: don't forget your sunscreen.

5. Avoid caffeine and alcohol because they lead to dehydration.

TIP: drink milk, herbal iced tea or add lemon/berries to your water.

How much water should I be drinking daily?

- Depends on age, gender, height/weight, levels of physical activity, medications you take, and more.
- The general advice is **7 cups**.
- Check with a medical professional on what the right amount is for you.

Signs of Severe Dehydration

- Dark color urine
- Urinating less than usual
- Fever/chills
- Dry mouth
- Low blood pressure
- Weak pulse
- Cold hands and feet
- Feeling irritable, dizzy, and/or confused
- Fatigue
- Muscle cramps

Check with a medical professional if you are not feeling well.



Here’s a list of hydrating foods to help you stay safe:

Fruits	Water Content
Tomatoes	94%
Strawberry	92%
Watermelon	91%
Cantaloupe	90%
Kiwi	90%
Honeydew	90%
Peaches	89%
Oranges	87%
Pineapple	86%
Pomegranate	85%

Vegetables	Water Content
Cucumber	97%
Iceberg Lettuce	96%
Celery	95%
Romaine Lettuce	93%
Zucchini	93%
Bell Peppers	92%
Spinach	91%
Kale	90%
Broccoli	89%
Carrots	88%

Where can I access a cool place?

- Due to COVID-19, some air-conditioned spaces have been closed. It’s a good idea to call in advance and ask about how they are keeping visitors safe.
- Make sure to wear a mask and practice social distancing. Stay home if you are sick.

Who do I contact if I have questions about cooling resources?

- 562-570-4636 option 5: Older Adult Resource Warm Line
- 562-570-3500: Long Beach Senior Center

The Coronado Cooling Center of Rose Park