

EXTREME HEAT & PALA

EXTREME HEAT CAN BE DEADLY FOR ELDERS, YOUTH AND PETS

The State of California projects that days over 99.9 degrees at Pala will increase by 750% by 2070-2099. That means Pala residents will experience extreme heat days 1 out of every 10 days.

TEMPERATURES

in the US are projected to increase 2.8 – 7.3 degrees Fahrenheit on average by 2071 – 2100.

BEAT the HEAT

Heat waves are a leading cause of extreme weather-related deaths in the U.S.

Who's at RISK in EXTREME HEAT?

Adults over 65, children under 4, people with existing medical conditions, and those without access to air conditioning

What can you DO?

Stay Cool

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths

Stay Hydrated

- Drink more water than usual
- Don't wait until you're thirsty to hydrate
- Avoid alcohol or liquids containing large amounts of sugar
- Remind others to drink enough water throughout the day

Stay Informed

Visit Cal OES's Heat Resources page to learn more about how you can protect yourself and your loved ones in extreme heat at www.caloes.ca.gov

Heat Safety for Pets

- Don't leave pets in vehicles
- Keep water bowls filled and fresh
- Limit outdoor activities
- Keep paws off hot surfaces

Cal OES
CALIFORNIA'S OFFICE OF EMERGENCY SERVICES

PALA'S HIGH-RISK HEALTH IMPACTS

Below are health impacts considered high or medium risk for residents of Pala.

- Heat-related stress, illness, and death
- Consequences for mental, behavioral and cognitive wellbeing
- Decline of culturally important plants and animals
- Lost work, school, or business days
- Decrease in fitness activity level
- Disruptions of community functions or ceremonies
- Carbon monoxide poisoning (e.g. from generators during a power outage)
- Respiratory and cardiovascular illness
- Worsened allergies
- Food shortage due to global production and price fluctuations
- Illness and death caused by Lyme, West Nile Virus, and Zika

WHAT IS PALA DOING TO ADAPT AND PREPARE?

Pala completed an Adaptation Plan with a full list of strategies to help safeguard the health and wellbeing of the Pala community. Below are a few examples of ways we plan to address elevated temperature threats.

- Build alternative power supplies e.g. building or community-scale battery storage and microgrids incorporating renewables to avoid power outages for critical facilities during exposure-event
- Conduct education to encourage community members to prepare for exposure

TIPS FOR STAYING SAFE DURING EXTREME HEAT

- Get inside. Pala's cooling centers are located at the Pala Resort and Casino and the Fitness Center
- Stay hydrated and rested
- Never leave anyone in a closed vehicle
- Check on elders and other vulnerable neighbors
- Don't forget your pets!
- Take advantage of medical and emotional care services
- [Recognize the symptoms of heat stroke.](#)
- [Set up a family emergency plan](#)
- Follow [Pala Environmental Department on Facebook](#) for climate updates and information.
- Sign up for [San Diego County's Alert System](#)