SUMMER READINESS

PREVENTING HEAT ILLNESS AND WAYS TO STAY COOL

SOUTHERN CALIFORNIA EDISON®
An EDISON INTERNATIONAL® Company

Hot Weather Health Tips

Extreme hot weather may be harmful to people who are in poor health or those who are sensitive to high temperatures. It's important to keep your body temperature within a safe limit; otherwise you can put yourself at risk of heat-related illness. Heat illness occurs when your body keeps in more heat than it loses, causing your body temperature to rise.

Here are tips to help avoid heat stress this summer, especially if you are without air-conditioning:

- Wear light-colored, loose-fitting, breathable clothing such as cotton, and avoid synthetic fabrics.
- Apply a water resistant "Broad Spectrum" sunscreen (provides UVA and UVB protection) with an SPF value of 30 or higher every two hours.
- Wear a wide-brimmed hat to keep your head and face cool. This will also provide added protection from sun exposure. A hat should protect the neck, face and ears.
- Stay out of direct sunlight and limit outdoor activity to covered or shaded areas.
- Drink plenty of water to stay hydrated – enough that you never become thirsty.
- Avoid caffeine and large amounts of sugar.
- Visit a movie theater, an air-conditioned mall, a library or a community center.
- Visit friends or family whose homes are air-conditioned and are located in areas not affected by severe weather.

Cooling Stations

If a rotating outage occurs during hot weather, you may consider visiting one of our "Cooling Stations," which are facilities where customers can go to cool off. These community facilities are open to the public.

Visit www.sce.com/planahead to locate your local Cooling Station or call (800) 655-4555 to obtain a list of facilities in your area.

Cool Centers

SCE also has facilities called "Cool Centers" that are designed to provide residential customers with safe, air-conditioned locations to visit so that they can conserve energy by not running their own cooling systems at home. These centers may be especially helpful for residential customers who are income-qualified, seniors or those with special needs.

Cool Centers are open from June 1 through October 15. To find a center near you, visit www.sce.com/coolcenter.

For more information, visit **http://www.sce.com/summer**.