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.

VISIT PALA ENVIRONMENTAL DEPARTMENT’S WEBSITE FOR MORE INFO: http://ped.palatribe.com
**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 at 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