

Conserving Water and Preparing for Heat in California – Frequently Asked Questions



Our climate is shifting, causing weather conditions like extreme heat to become more common. Extreme heat is a hazard to human health, worsens drought conditions, and exacerbates wildfires. As we move into the summer months, how can we work together to adapt to this new normal, stay cool, and conserve our limited water supply?



How can I conserve water in my daily life?



Fixing leaks at home can save up to 90 gallons a day.



Wash full loads. Running the washing machine only when full saves up to 45 gallons per load. Running the dishwasher only when full saves 24 gallons per load.



Install water efficient fixtures around the home - aerators can save up to half a gallon per minute, and high-efficiency toilets can save up to 35 gallons per day.



Wash your fruits and veggies in a bowl with water instead of running them under the faucet.

Are there rebate programs for yard transformation?

Check with your local water agency to see if they can offer financial assistance with water-wise yard transformation, such as planting water-wise plants which are drought-resistant and adapted to California's climate.

Where can I learn more about extreme heat preparedness and water conservation?

Get heat ready at HeatReadyCA.com Find out all the ways to conserve water at SaveOurWater.com



HeatReadyCA.com

How can I cool down my home during extreme heat?



Set air conditioning to 78 degrees or lower. If air conditioning is unavailable create a darker, cooler environment by closing blinds and drapes, closing doors to unused rooms, using fans, including bathroom and stove fans to help circulate air, and avoiding using your stove.

For information about how to get help with your electricity bill, visit climateaction.ca.gov or csd.ca.gov/lihwap.

Where can I go to get cool?



Keep cool by visiting a cooling center or other air-conditioned building, such as a local library, shopping mall, or community center. Public parks with shady areas or pools also can provide relief. Protect yourself further with a hat, sunglasses, sunscreen, and by staying hydrated.

What are the warning signs of heat-related illnesses, like heat stroke?

Warning signs of heat illness vary, but may include heavy sweating, muscle cramps, feeling weak, headache, nausea or vomiting, tiredness, or dizziness. If experiencing symptoms, stop physical activity, move to a cool place, change into light, loose clothing, sip water and, if symptoms worsen, get immediate medical help. If you have a fever of 103 degrees or higher, you may be suffering from heat stroke and should call 9-1-1.



Dizziness



Heavy Sweating



Weakness



Nausea