

CLIMATE CHANGE & EXTREME HEAT



What Long Beach Residents Need to Know

Long Beach is experiencing hotter, longer, and more frequent heat waves due to climate change. Extreme heat is a serious public health concern—being informed and prepared can help protect you and your community.

What's Changing in Long Beach?



More days over 95°F—especially in inland areas.



Warmer nights, making it harder for the body to cool down.



Higher risk of wildfires and poor air quality.

How This Affects You



Children, pregnant people, older adults, athletes and outdoor workers are most at risk for heat-related illness.



Heat can worsen chronic health conditions and increase emergency room visits.



Poor air quality and extreme heat can affect mental health and well-being.

What You Can Do



Check the forecast and Air Quality Index daily.



Know the signs of heat-related illness and take action early.



Use cooling centers and share information with neighbors.



Report overheated infrastructure like buckling roads or power outages.

Stay Connected and Informed



Sign up for emergency alerts at longbeach.gov/alerts.



Follow the City on social media for real-time updates.



Share heat safety tips with your community.

Plan for the Future



Support green spaces and cooling infrastructure in your neighborhood.



Learn ways to shrink your carbon footprint and support sustainable practices to protect the environment.



Take part in community workshops and climate resilience planning efforts.