



For Immediate Release
July 10, 2008

Heat information for Stanislaus County ***Special cool zones closed on Friday***

Stanislaus County, CA – The National Weather Service is projecting cooler temperatures Friday than the record-breaking recent temperatures we have been seeing. Weather officials believe temperatures should return to seasonal norms over the weekend for Stanislaus County.

All specially designated cool zones for the heat wave in Stanislaus County will close at the end of Thursday, July 10.

The Stanislaus County Sheriff's Coroner's Office has reported one heat-related death as a result of the extreme temperatures over the past several days. Margaret Mierzejewski, 91, a Modesto resident, was found early in the morning of Thursday, July 10. Her cause of death was determined to be heat stroke.

Air quality continues to be an issue with the wildfires burning throughout the state. Residents are encouraged to monitor local air quality for local information.

Health officials continue to urge people to observe health precautions during hot weather.

Officials are encouraging residents to develop a personal heat preparedness plan for situations where temperatures become extreme. Central Valley weather can be extremely hot and each year there are nearly twenty days of 100 degree temperature or greater. The often extreme temperatures of the central valley can be dangerous.

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And, even as this heat wave will soon be ending, the threat and danger of hot weather will continue through the summer.

People should prepare a simple plan that includes: what they will do if they have no air conditioning or their air conditioning breaks; who they can stay in contact with on a daily basis to let them know whether they are OK or are having issues; where they can go if they need a cool location for a few hours during the day.

Simple things people can make as part of their plan to stay cool include:

- Visit a friend or relative who has air conditioning
- Go to a shopping mall
- Visit a library
- Go to a public building
- Visit your local community center
- Take a cool shower

Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Remember to drink plenty of water and to avoid caffeine and alcohol. Use your stove and oven less to maintain a cooler temperature in your home. Wear appropriate clothing if you must be outdoors and use sunscreen. For transportation to a cool place, people can contact friends, family, take the bus and use Dial-A-Ride services that are available in their local communities.

For heat-related information, Stanislaus County has numerous resources available for the public at www.StanEmergency.com and on its heat hotline at (209) 558-8035.

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