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For Immediate Release

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## Heat Information from Stanislaus County Office of Emergency Services

Extreme heat continues in Stanislaus County and the National Weather Service has extended its excessive heat warning until Thursday, July 4 at 8 p.m. Stanislaus County officials are concerned with the heat. They continue to monitor the situation and have important information for the public.

- Residents should check on vulnerable people including the elderly, those who live alone and people with medical issues. Consider checking twice a day.
- “Have a Plan – Have a Place.” Everyone should have a plan and a place to go if their home temperatures reach over 90 degrees or if they do not have access to air conditioning. There are cool locations available like public libraries, or you can visit neighbors, friends and relatives with air conditioning.
- Visit [www.StanEmergency.com](http://www.StanEmergency.com) for tips on handling the hot weather.
- The public can get real-time information by following StanEmergency on Facebook and Twitter.

“The community should remain alert and minimize their risk by monitoring and changing their activities to remain cool,” stated Dr. John Walker, Stanislaus County Public Health Officer. “It would be wise to exercise extra caution planning and participating in outdoor events.” Whereas the central valley is accustomed to summer temperatures over 100°, the humidity is unusually high, which increases the impact of the temperature.

### TIPS FOR HOT WEATHER:

- Stay indoors and out of the sun during the day.
- Fans alone will not protect from extreme heat – so finding an air conditioned location is important.

- If your indoor temperature remains above 90 degrees, seek shelter in an air-conditioned building.
- Drink plenty of water and eat lighter meals.
- Avoid drinking caffeinated and alcoholic beverages.
- Some prescription medication may affect your heat tolerance. Check with your medical provider.
- Taking frequent cool showers or baths will also help in staying cool.
- Do not use your stove or oven for cooking as it will make you and your house hotter.

*Tips for Pets:*

- Provide plenty of shade and cool water. Be sure to leave the water in a shady space so it doesn't heat up in the sun
- Do not over exercise your pets and keep them indoors if possible when it is extremely hot.
- Never leave your animals alone in a parked vehicle.

*Tips for Athletes and Coaches:*

People participating in sports should take extra precautions including:

- Consider the extreme heat when scheduling events.
- Schedule events earlier or later in the day when the temperature is cooler.
- Pace activities – start slowly before building up.
- Closely monitor athletes' conditions during activity
- Make sure plenty of cool water is available.

*Outdoor activities*

- Stop all activity and get to a cool location if you feel faint or weak.
- Drink from two to four cups of water every hour while working. Don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Schedule tasks for earlier in the day or in the evening to avoid midday heat.
- Wear a brimmed hat and loose, lightweight, light-colored clothing.
- Spend time in air-conditioned buildings during breaks and after work.
- Encourage co-workers to take breaks to cool off and drink water.

## Symptoms of Heat Related Illnesses:

### Symptoms of Heat Exhaustion:

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

### What You Should Do:

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

### Symptoms of Heat Stroke

- High body temperature (above 103°F)\*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

### What You Should Do:

- Call 911 immediately — **this is a true medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids

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