



NUMBER: 23-05
FOR RELEASE: Immediate

Date: June 29, 2023
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Excessive Heat Prevention Tips for Stanislaus County Residents

Cooling Centers Available for Temporary Breaks from Warm Temperatures

Stanislaus County - As temperatures begin to soar for the first time this year, Stanislaus County Public Health is urging residents to prioritize their safety amidst the rising heat. The San Joaquin Valley is expected to experience triple-digit temperatures from Friday, June 30, through at least Monday, July 3. An Excessive Heat Warning issued by the [National Weather Service](#) is in effect for our area from Friday, June 30, 11:00 am until Sunday, July 2, 11:00 pm. To stay safe, residents are advised to stay hydrated by drinking plenty of fluids, avoid direct exposure to the sun, and regularly check on neighbors and relatives, especially those who may be more vulnerable to heat-related issues.

"After experiencing relatively mild weather this summer, the sudden increase in temperatures can catch some individuals off guard, potentially resulting in heat-related illnesses," said Dr. Thea Papasozomenos, Stanislaus County Public Health Officer. "It is important that everyone who has plans for outdoor activities this weekend takes appropriate precautions to ensure their well-being."

Extreme heat poses a significant health risk, particularly for vulnerable populations such as young children, the elderly, individuals with chronic illnesses or disabilities, and pregnant women. By following these few simple tips, we can ensure the well-being of ourselves and our community.

1. **Stay Hydrated:** Drink plenty of water throughout the day, even if you do not feel thirsty. Avoid excessive caffeinated or alcoholic beverages, as they can contribute to dehydration.
2. **Seek Cool Environments:** Spend time in air-conditioned places such as malls, libraries, or community centers, especially during the hottest parts of the day. If you don't have access to air conditioning at home, consider visiting a cooling zone in your area.
3. **Limit Outdoor Activities:** Minimize strenuous outdoor activities, especially during peak heat hours between 10 am and 4 pm. If you must be outside, wear lightweight, loose-fitting clothing, and use sunscreen with a high SPF to protect your skin from the sun's harmful rays.
4. **Check on Vulnerable Individuals:** Keep an eye on elderly neighbors, young children, and those with chronic illnesses or disabilities. Ensure they have access to cool environments and are properly hydrated.

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5. Never Leave Children or Pets in Vehicles: Temperatures inside a parked car can rise rapidly and become life-threatening, even with the windows cracked. Always take children and pets with you when leaving the vehicle.
6. Stay Informed: Stay tuned to local weather forecasts and emergency notifications. Follow the guidance provided by local authorities and public health agencies regarding extreme heat advisories or warnings.

Additionally, be aware of the signs of heat exhaustion and heatstroke. Symptoms may include heavy sweating, weakness, dizziness, nausea, headache, rapid heartbeat, and confusion. If you or someone else experiences these symptoms, seek medical attention immediately. Public Health encourages everyone to look out for one another, especially those more vulnerable to extreme heat. Stanislaus County is also working to ensure the safety and well-being of all residents during this time. Cooling zones are available for anyone who needs temporary respite from the heat.

Please see the links below for Cooling Zone locations in Stanislaus County for Summer 2023:

English: <https://stanemergency.com/pdf/cooling-locations.pdf>

Spanish: <https://stanemergency.com/pdf/cooling-locations-sp.pdf>

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