



COUNTY OF YOLO

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Safely Enjoy the Fair by Staying Cool, Fighting the Bite and Washing Hands

(Woodland, CA) – With the opening of the Yolo County Fair on August 14, the Yolo County Health Department would like to take this opportunity to remind residents of measures they can take to make it a safe and enjoyable activity for the whole family.

“Although temperatures have been mild recently, we are likely to again experience the long, hot days of summer this month,” said Yolo County Health Officer Constance Caldwell, MD. “Coupled with the ever present threat of West Nile virus, I encourage everyone attending the Yolo County Fair to take precautions to stay cool and to avoid mosquito bites. Also, please enjoy our agricultural heritage by visiting the animal exhibits, but be sure to wash your hands directly afterwards.”

Tips for staying cool:

- Drink extra, non-alcoholic fluids, especially water
- Stay cool indoors in air-conditioned facilities, especially during the hottest part of the day
- Pace yourself and avoid heavy exertion in the heat
- Wear lightweight, loose fitting clothing and sunscreen
- Avoid hot foods and heavy meals
- If you become lightheaded, feel confused or experience any other symptoms of heat exhaustion, get to a cool area until you feel better

Tips for fighting the bite:

- **Dawn and dusk** are times to avoid being outdoors without protection. If you must be outdoors during these periods,
- **Dress** appropriately and
- **Defend** yourself with an effective insect repellent.

Lastly, wash your hands after you visit the animals. Hand washing stations will be readily available near the animal barns.

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