



COUNTY OF YOLO

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Yolo County Residents Advised to Beat the Heat

(Woodland, CA) – While we are still enjoying relatively cool nighttime temperatures, the National Weather Service predicts well over 100°F days through the remainder of this week. The Yolo County Health & Human Services Agency reminds residents to take precautions to avoid heat-related conditions such as heat cramps, heat exhaustion or heat stroke.

“The high temperatures are especially of concern for individuals working outside or participating in outdoor activities,” said Yolo County Health Officer Ron Chapman, MD, MPH. “Additionally, certain groups such as the elderly, those with chronic illnesses, infants and young children are at greater risk for heat-related illness.

When the weather is hot, take the following steps to beat the heat:

- Plan strenuous outdoor activities for cooler parts of the day and limit time outside during peak heat
- Remain hydrated by drinking water before, during and after activities (avoid caffeine and alcohol)
- Pace physical activities, starting slowly, gradually picking up the pace and taking frequent breaks
- Wear loose-fitting, light clothing, a wide-brimmed hat and sunglasses that provide 100 percent UVA and UVB protection
- Apply sunscreen (at least SPF 15) 15 minutes before going outdoors and re-apply a minimum of every two hours to prevent skin cancer
- Seek air-conditioned environments during peak heat, such as stores, malls, libraries and theaters
- Move to a cooler location at first sign of heat illness (dizziness, nausea, headaches, muscle cramps), rest and slowly drink a cool liquid

Other precautions to take on hot days include:

- Check on frail elderly or home-bound individuals to make sure they are not affected by the heat
- Never leave a child or pet in a parked car or asleep in the direct sunlight
- Prevent children from drowning by providing adult supervision at all times and having an entry-proof barrier that surrounds the pool or spa
- Make sure pets have plenty of shade and water to drink, walk dogs when the temperatures are cooler and make arrangements for pet care if you will be out of town

For more information on how to stay healthy during hot weather, visit www.yolocounty.org.

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