



COUNTY OF YOLO

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Protecting Yourself and Neighbors in the Heat

(Woodland, CA) – As temperatures are expected to remain over the 100 degree mark for portions of this week, and with numerous outdoor 4th of July events this weekend, Yolo County officials are reminding all county residents to take measures to protect themselves accordingly, especially vulnerable populations which include: individuals over 65 years of age, children under 4 years of age, those who work outdoors, people who are overweight and those who are ill or may be on certain medications that can affect their ability to handle fluids.

“Over exposure to heat and the sun is serious and can be deadly,” said Yolo County Health Officer Joseph Iser, MD, DrPH, MSc. “Please protect yourself and look out for your vulnerable neighbors who may live alone or are in need of assistance.”

Residents who do not have adequate air conditioning may experience heat-related problems. Those residing in homes without adequate air conditioning should find a friend or relative to stay with or another location in the community, such as a public building, shopping center, restaurant or movie theater, where air conditioning is available. Residents are urged to protect themselves during hot weather by taking the following precautions:

- 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, a broad-brimmed hat 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.
- Never leave a person or animal in a parked car. Temperatures inside a vehicle can rise to dangerous levels in minutes.
- Don't forget pets that also need extra water and shade.
- Check on vulnerable neighbors who may need assistance.

For more tips on how to protect yourself and stay safe during the summer, visit: www.cdph.ca.gov and click on the link “Dr. Horton (State Health Director) Offers Tips on Preparing for Hot Summer.”

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