



# Calaveras Health and Human Services Agency

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509 East St. Charles Street  
San Andreas, CA 95249

## News Release FOR IMMEDIATE RELEASE

Date: June 22, 2016

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[San Andreas, CA –Public Health Services]

### **Calaveras County Public Health Issues Heat Advisory to Residents**

San Andreas [June 22, 2016] – Calaveras County Public Health Services has issued a heat advisory for the County. We urge the public to act now to prevent heat-related illness. Temperatures of 100 degrees or more are expected over the next several days. Dr. Kelaita, County Health Officer, stated, “Taking action now can prevent the possibility of heat-related illness. Some health conditions such as obesity, fever, dehydration, heart disease, poor circulation, sunburn and drug/alcohol use can make it harder for the body to stay cool in hot weather.”

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During this heat wave, be sure to:

- Drink plenty of water
  - Take enough water for yourself and those traveling with you when you leave home
  - Avoid drinks with caffeine (tea, coffee, and soft drinks)
  - Avoid alcoholic beverages
  - Provide plenty of water for pets
- Stay cool, stay indoors
  - Stay in an air conditioned area if possible
  - If you do not have air conditioning, go to a place that is air conditioned
  - Take a cool shower or bath
- Wear light clothing and sunscreen when outdoors
  - Choose lightweight, light-colored, and loose-fitting clothing
  - Wear a wide-brimmed hat
  - Use sunscreen when outside (SPF 15 or higher) and reapply every two hours when in the sun
- Plan outdoor activities for the cooler parts of the day
  - Avoid being out during the hottest part of the day
  - Rest often in a shady area
  - Never leave children or pets in a parked car

- More -

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- Pace yourself
  - Take frequent, regularly scheduled breaks
  - If you don't feel well (for example: heart pounds, out of breath, lightheaded, confused, weak or faint) stop your activity and rest in a cool or shady area
- Stay in touch with your family, friends, and neighbors daily
  - For those with health conditions and the elderly, check in more often
  - Have others check on you

Heat related illness can be prevented by taking these steps, especially during a heat wave. "Don't overestimate what you can do during a heat wave; assume it should be less than your normal level of activity," stated Dr. Kelaita.

The warning signs of heat illness include heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness and fainting. For more information about prevention and signs of heat-related illness, visit [www.calaveraspublichealth.com](http://www.calaveraspublichealth.com), call Public Health Services at 209-754-6460 or [www.facebook.com/calaveraspublichealth](https://www.facebook.com/calaveraspublichealth).

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