



Lassen County Public Health

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NEWS RELEASE

FOR IMMEDIATE RELEASE

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PUBLIC HEALTH DEPARTMENT (530)251-8183

Subject: Heat Wave and Safety Advisory

A prolonged period of excessive heat, also known as a heat wave, is expected to impact our region in the coming days. This advisory is designed to provide you with important information and tips to stay safe during this period of extreme heat. As the temperature rises, taking precautions is vital to ensure your safety and well-being. Here are some essential heat safety tips to follow:

1. **Stay hydrated:** Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid excessive consumption of alcoholic beverages and caffeine, as they can contribute to dehydration.
2. **Dress appropriately:** Wear loose-fitting, lightweight, and light-colored clothing to reflect sunlight and keep your body cool. Use a wide-brimmed hat and sunglasses to protect yourself from direct sunlight.
3. **Seek shade:** Limit your exposure to the sun, especially during peak hours between 10 am and 4 pm. Stay indoors in air-conditioned spaces or find shade under trees, umbrellas, or canopies.
4. **Use sunscreen:** Apply a broad-spectrum sunscreen with an SPF of at least 30 on all exposed skin, even on cloudy days. Reapply every two hours or immediately after swimming or excessive sweating.
5. **Limit outdoor physical activity:** Avoid strenuous activities during the hottest parts of the day. If you must exercise or work outdoors, try to schedule it for early morning or late evening when temperatures are cooler.
6. **Stay cool:** Seek air-conditioned environments as much as possible. If you don't have access to air conditioning at home, consider visiting public places like libraries, malls, or community centers that offer relief from the heat.
7. **Check on neighbors:** Look out for one another, especially those who may need access to air conditioning or are living alone. Keep an eye on children, the elderly, and those with chronic illnesses, as they are more susceptible to heat-related illnesses. Ensure they have access to cool environments and are staying hydrated.
8. **Never leave children or pets unattended in vehicles:** Even with the windows cracked open, the temperature inside a car can rise to dangerous levels within minutes. Always take them with you or leave them at home.
9. **Stay informed:** Monitor local weather forecasts and heat warnings issued by authorities. Stay updated on any changes or emergency notifications in your area.
10. **Know the signs of heat-related illnesses:** Familiarize yourself with the symptoms of heat exhaustion and heatstroke. If someone shows signs of dizziness, nausea, confusion, rapid heartbeat, or stops sweating, seek immediate medical attention.

Remember, heat waves can be hazardous to your health, and it's crucial to take necessary precautions to protect yourself and others. By following these guidelines and staying informed, you can stay safe, avoid the risks associated with extreme heat while staying healthy and have an enjoyable summer.