



**FOR IMMEDIATE RELEASE**  
**July 22, 2020**

## **Health Department Urges Residents to Prepare for High Heat**

BUTTE COUNTY, Calif. – The National Weather Service (NWS) has issued a heat advisory for Butte County starting today, lasting through Saturday, June 27<sup>th</sup>. Daytime temperatures are expected reach between 100°-110°. Butte County Public Health urges residents to prepare for extreme heat this summer by staying cool, hydrated and informed.

Extreme heat poses a substantial health risk especially for vulnerable populations including young children, older adults, people with chronic diseases or disabilities, pregnant women, people who work outside, people experiencing homelessness, and people who are socially isolated. Residents are encouraged to check on family members and neighbors who may not have air conditioning or may be unaware of the heat wave.

Heat-related illnesses happen when the body is not able to properly cool itself and may include: cramps, heat exhaustion, heat stroke and death. Warning signs of heat-related illnesses may include heavy sweating, muscle cramps, weakness, headache and nausea. Additional symptoms for heat stroke include a high body temperature, rapid pulse and hot, dry skin.

If you or someone you know is suffering from heat-related illness, immediately move the affected person to a cooler location and attempt to reduce body temperature by loosening clothes, applying a cold compress and drinking water.

If you suspect a person is suffering from a heat stroke, immediately call 911 and do not give them fluids to drink.

### **Take precaution to avoid heat-related illness:**

- Drink plenty of water, even if you don't feel thirsty
- Avoid alcoholic and caffeinated drinks
- Avoid outdoor strenuous activity between 10 am and 8 pm
- Rest often in shady areas
- Reschedule outdoor activities
- Stay indoors where air conditioning is available (pets included)
- Wear loose, lightweight and light-colored clothing, hat, sunglasses, and sunscreen
- Take short, cool showers during the day to cool off
- Never leave children or pets unattended in a parked car – look before you lock

Pets are also at risk for heat-related illness. Protect your pets from extreme heat by providing ample shade and water, limiting exercise, and never leaving your pet in a parked car. Watch for signs of heat stroke, including: heavy panting, difficulty breathing, excessive thirst, lack of coordination, vomiting, lethargy, and profuse salivation.

Learn more about extreme heat in Butte County: [www.buttecounty.net/extremeheat](http://www.buttecounty.net/extremeheat)