



EL DORADO COUNTY HEALTH AND HUMAN SERVICES AGENCY

HEALTH OFFICER, EL DORADO COUNTY

Date: July 2024

To: All County Residents

RE: EXTREME HEAT SAFETY

The El Dorado County Health Officer would like everyone to enjoy a safe and healthy experience in the beautiful outdoor opportunities this county affords. While enjoying the outdoors, there are some extreme heat safety tips to keep in mind. First, be aware of your exposure and limit it as much as possible. **Heat-related illnesses**, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. Factors that might increase your risk of developing a heat-related illness include: high levels of humidity, obesity, fever, dehydration, certain prescription drug use, heart disease, mental illness, poor circulation, sunburn, and alcohol use. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, and if you become lightheaded, confused, weak, or faint and consult a healthcare professional or 911 as appropriate.

What you can do. Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink. Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid. If your doctor limits the amount you drink or has you on "water pills," ask how much you should drink while the weather is hot. Don't rely on electric fans as they may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Try to limit your outdoor activity to when it's coolest, like morning and evening hours.

Stay informed and look out for each other. Use a buddy system. When dealing with heat, monitor the condition of your co-workers and have someone do the same for you. **If you are 65 years of age or older**, have a friend or relative call to check on you **twice a day** during a heat wave.

Don't forget your friends (of all species). Check on human and four-legged friends who are at high risk at least twice a day. Even in cool temperatures, cars can heat up to dangerous temperatures very quickly. Finally, it goes without saying but do not leave anyone in car especially pets and children. Leaving a window open is not enough- temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.

Strengthening, Empowering and Protecting the Residents of El Dorado County

931 Spring Street ❖ Placerville, CA 95667 ❖ (530) 621-6320 ❖ FAX (530)-295-2589
1360 Johnson Boulevard, Suite 103 ❖ South Lake Tahoe, CA 96150 ❖ (530) 573-3155 ❖ FAX (530) 541-8409



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BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children



Older adults

More males than females are affected



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction worksites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

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LINKS:

[Pets and Extreme Heat](#) | [Extreme Heat](#) | [CDC Preventing Heat-Related Illness](#) | [Extreme Heat](#) | [CDC](#)

For more information, contact the El Dorado County Public Health at 530-621-6230.

Be Well,

A handwritten signature in black ink, appearing to read "Matthew Minson".

Matthew Minson, MD
Public Health Officer



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