



MONO COUNTY HEALTH DEPARTMENT

Public Health

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FOR IMMEDIATE RELEASE

Mono County Public Health Urges Residents and Visitors to Stay Cool During California Heat Wave

MONO COUNTY, Calif. (SEPTEMBER 06, 2022) – A heat wave with dangerously high temperatures is expected to continue to impact California this week. Mono County Public Health urges residents and visitors to take precautions in an effort to help reduce the risk of heat-related health problems.

Summer heat waves can be dangerous. A very high body temperature can damage the brain and other vital organs. Some health conditions can make it harder for the body to stay cool in hot weather. These include old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn and drug and alcohol use.

When temperatures are very high, make sure to:

- Drink plenty of water;
- Reduce outdoor exposure;
- Wear lightweight, loose-fitting clothing;
- Schedule outdoor activities carefully, and cut down on exercise;
- Stay out of the sun; and,
- Seek a cooler location if your home does not have air conditioning.

The California Department of Public Health' (CDPH) "Tips for Preventing Heat-Related Illness" can be accessed [here](#). The Centers for Disease Control and Prevention's (CDC) "Tips for Preventing Heat-Related Illness" can be accessed [here](#).

For more information, questions, or concerns, please call Mono County Public Health at (760) 924-1830 or follow up with your pediatrician or medical provider.

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