



# MONO COUNTY HEALTH DEPARTMENT

## Public Health

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## **FOR IMMEDIATE RELEASE**

### **Resources for Managing Extreme Heat**

**MONO COUNTY, Calif. (JULY 13, 2023)** – Extreme heat is deadlier than any other weather hazard. California is experiencing more frequent episodes of extreme heat, creating a greater danger to Californians from heat-related illness. As temperatures rise, Mono County Public Health encourages residents and visitors to prepare for managing extreme heat this summer.

#### **Watch for Signs of Heat Illness**

In the summer, multiple days and nights of hot weather can be very dangerous. Getting too hot can make people sick. Mono County Public Health recommends learning the signs and how to help someone with heat illness:

- Heat stroke: red, hot, dry skin; very high body temperature; dizziness; nausea; confusion, strange behavior, or unconsciousness; rapid pulse or throbbing headache. Call 9 - 1 - 1.
- Heat exhaustion: heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness and fainting. Move to a cool place and get medical help if vomiting or symptoms get worse or last longer than 1 hour.

#### **Keep Cool**

When temperatures are very high, make sure to:

- Stay hydrated. Don't wait until you are thirsty to drink.
- Wear loose, lightweight, light-colored clothing and a hat outdoors.
- Wear sunscreen and avoid too much sun.
- Slow down and avoid exercise during the hottest parts of the day.
- Close shades, windows, and blinds.

- Set air conditioners between 75 and 80 degrees.

Stay in air-conditioned buildings as much as possible. If your home doesn't have air conditioning or if there was a power outage, find a public place you can go to get out of the heat:

- Libraries (when open) and indoor air-conditioned public spaces can be cool places to take a break from the heat.
- Ask neighbors, friends, or family if they have a cool place you can hang out.

If you work outside:

- Take breaks to cool down.
- Your employer must give you water, rest, and shade.

### **Look Out for Others**

- For people who are 65 or older, heat can be especially dangerous. Make a plan with a friend, relative, or neighbor who will call or come check on you twice a day while it is hot outside.
- Bring pets inside. Make sure they have plenty of fresh water.
- Make sure everyone is out of the car whenever you park. Never leave a child, adult, or animal alone inside a parked vehicle. Temperatures inside a car can rise almost 20 degrees within the first 10 minutes causing heat stroke or death.

### **Additional Resources**

- [HeatReadyCA](#)
- [Weather Monitoring](#)
- [Preventing Heat-Related Illness](#)
- [Heat and Older Adults](#)
- [CDPH Extreme Heat Information](#)
- [Prevent Dehydration](#)
- [Resources for Seniors](#)

For local information and assistance for aging and disability services, please call (760) 924-1770. 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.