

Countywide Services Agency

Department of
Health and Human Services

Division of Public Health

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FOR IMMEDIATE RELEASE

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STAY HEALTHY DURING SACRAMENTO'S SIZZLING DAYS OF SUMMER

SACRAMENTO – With triple-digit temperatures heralding the first days of summer, local health officials are reminding residents to protect themselves and their loved ones from extreme heat. Specifically:

- If you must work or exercise outdoors, do so in the early morning when temperatures are cooler.
- If you must work outdoors all day, make sure to take plenty of breaks in the shade, and drink water throughout the day, even if you do not feel thirsty. Try to avoid beverages that contain alcohol or large amounts of sugar because they can act as diuretics, making you lose fluids.
- When temperatures are going to be over 100 degrees during the day and won't cool lower than 70 degrees at night for several days in a row, try to stay in an air-conditioned environment for a few hours during the day. If your home does not have air conditioning, make plans to go to a cool spot, like a mall, a movie theater, a library or other public venue. Allowing your body to cool down even for a few hours can help your body withstand the heat the rest of the day.
- If you stay at home alone during a severe heat spell, your family and friends should check on you at least twice a day. Better still, if you don't have air conditioning, plan to stay with someone who has a cooler house during extremely hot days.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave children or pets in a closed, parked vehicle. Temperatures in these vehicles can be extremely high, even if parked in the shade.

For more information about staying healthy in the heat, go to www.scph.com.

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