



**For Immediate Release:**

July 1, 2011

## **HEAT ADVISORY:**

High temperatures predicted for the San Fernando, Santa Clarita and Lancaster/  
Antelope Valleys

LOS ANGELES – High temperatures are forecasted for Saturday, July 2 through Tuesday, July 5, 2011 in the San Fernando, Santa Clarita and Lancaster/Antelope Valleys. Los Angeles County Health Officer and Public Health Director, Jonathan E. Fielding, MD, MPH, would like to remind everyone that precautions should be taken, especially by those people sensitive to the heat.

“While people do not need to be told it’s hot outside, they do need to be reminded how to take care of themselves, children, the elderly, and their pets when the weather gets hotter,” said Jonathan E. Fielding, MD, MPH, Director of Public Health and Health Officer. “When temperatures are high, prolonged sun exposure may cause dehydration, heat cramps, heat exhaustion, and heat stroke.

“Never leave children, elderly people, or pets unattended in closed vehicles, even with the windows ‘cracked,’ because temperatures inside can quickly rise to life-threatening levels.”

Several tips for beating the heat include:

- Wear light, loose-fitting clothing.
- Drink water or electrolyte-replacing sports drinks often (do not wait until you are thirsty), and avoid drinking alcohol.
- Offer help to those in your neighborhood with limited access to air conditioning and transportation, such as seniors or those who are ill. Check on them frequently or take them to a location with air conditioning.
- During peak heat hours stay in an air-conditioned area. If you don’t have access to air conditioning in your home, visit public facilities such as shopping malls, parks, and libraries to stay cool.
- Avoid unnecessary exertion, such as vigorous exercise during peak sun hours, if you are outside or in a non-air conditioned building.
- Stay out of the sun if you do not need to be in it. When in the sun, wear a hat, preferably with a wide brim, and loose-fitting clothing with long sleeves and pants to protect yourself from sun damage.

A list of cooling centers can be found on the Public Health website at <http://www.publichealth.lacounty.gov>, or by calling the LA County Information Line at 2-1-1. Residents in the City of Los Angeles should call 3-1-1 for cooling center locations.

The Department of Public Health is committed to protecting and improving the health of the nearly 10 million residents of Los Angeles County. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and



community and family health. Public Health comprises nearly 4,000 employees and has an annual budget exceeding \$750 million. To learn more about Public Health and the work we do please visit <http://www.publichealth.lacounty.gov>, visit our YouTube channel at <http://www.youtube.com/lapublichealth>, find us on Facebook at <http://www.facebook.com/lapublichealth>, or follow us on Twitter: LAPublicHealth.

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