



**SOLANO  
COUNTY**

**HEALTH & SOCIAL SERVICES, PUBLIC HEALTH**

## **FOR IMMEDIATE RELEASE**

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## **Solano Public Health issues Health Alert due to excessive heat warning as issued by the National Weather Service**

SOLANO COUNTY – The Solano County Department of Health and Social Services, Public Health division, is issuing a Health Alert due to the excessive heat warning issued by the National Weather Service (NWS). The excessive heat warning begins at 11 a.m. on Saturday, September 3 and extends through 8 p.m. on Tuesday, September 6. Temperatures are expected to get as high as 115 degrees in some areas in Solano County with little relief/cooling overnight, according to the NWS. These triple-digit temperatures may create a substantial health risk for County residents, including heat-related illnesses.

"Everyone should take precautions, especially those who are frail and sensitive to the heat," said Bela T. Matyas, M.D., M.P.H., Solano County Health Officer. "Check on neighbors, friends and family, and especially on children, the elderly, and those who are living alone to encourage them to stay in air-conditioned areas as much as possible. If you experience symptoms of heat-related illness, seek medical care immediately."

Unusually hot temperatures can affect a person's health, especially when being exposed to the heat outdoors for long periods of time. The populations most vulnerable to heat-related illnesses include the elderly, those who work or exercise outdoors, infants and children, the unhoused, animals and pets, and people with serious chronic medical conditions.

During this heat wave, be sure to take the necessary precautions to prevent serious health effects or heat-related illnesses. Consider some of the following tips to keep you and your family safe:

### **STAY COOL**

- Stay in air-conditioned buildings and shelters, including a mall, library or public cooling center
- Do not rely on a fan as your primary cooling device
- Limit outdoor activities, especially during mid-day, and avoid direct sunlight
- Reschedule strenuous activities to the early morning and evening
- Wear loose, lightweight, light-colored clothing
- Take cool showers or baths to lower body temperatures
- Do not leave children or pets unattended in vehicles under any circumstances
- Wear sunscreen – sunburn affects the body's ability to cool down and can add to dehydration

### **STAY HYDRATED**

## SOLANO COUNTY ADMINISTRATOR'S OFFICE

- Drink more fluids than usual and do not wait until you are thirsty to drink
- Drink two to four cups of water every hour while working or exercising outside
- Avoid alcohol or liquids containing high amounts of sugar
- Make sure your family, friends and neighbors drink enough water

### **STAY INFORMED**

- Keep your friends, family and neighbors aware of weather and heat safety information
- Check your local news for extreme heat warnings and safety tips
- Recognize the signs of a heat illness – if you think it may be life threatening, call 911

### **Know the signs of heat-related illnesses**

Know the signs and symptoms of heat exhaustion and heat stroke. Heat-related illness is a spectrum of disorders due to environmental factors, specifically heat exposure. Symptoms can be minor, with heat rash, cramps, headache and fatigue, to more severe and even life-threatening conditions like heat exhaustion and heat stroke.

### **SYMPTOMS OF HEAT EXHAUSTION**

- Weakness
- Skin is cold, pale and clammy
- Weak pulse
- Fainting and vomiting

### **WHAT YOU SHOULD DO:**

- Move to a cooler location
- Lie down and loosen your clothing
- Apply cool, wet clothes to as much of your body as possible
- Drink plenty of water (avoid caffeine and alcohol)
- If you have vomited and it continues, seek medical attention immediately

### **SYMPTOMS OF HEAT STROKE**

- High body temperature (above 103 degrees F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

### **WHAT YOU SHOULD DO:**

- Call 911 immediately if you or someone you know has these symptoms
- Move the person to a cooler environment
- Reduce the person's body temperature with cool cloths or even a bath
- Do NOT provide fluids

### **COOLING CENTERS**

The [Solano County public libraries](#) serve as cooling centers for residents during normal operating hours. City residents unable to utilize these facilities should contact their local city offices for information on cooling centers within their communities. For continued updates on the excessive heat warning and additional cooling centers, visit [www.SolanoCounty.com/SummerReady](http://www.SolanoCounty.com/SummerReady).

We encourage residents to sign up for Alert Solano, the County's emergency notification system, to receive emergency alerts by phone, email or text. Sign-up at [AlertSolano.com](http://AlertSolano.com). Visit <https://www.CDC.Gov/ExtremeHeat> for more tips and information for preventing heat-related illness.

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