



**SOLANO  
COUNTY**

**HEALTH & SOCIAL SERVICES, PUBLIC HEALTH**

**FOR IMMEDIATE RELEASE**

**September 2, 2022**

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**Solano County, cities open public cooling centers in response to excessive heat warning issued by the National Weather Service**

SOLANO COUNTY – Solano County and its cities are opening cooling centers in the cities of Benicia, Fairfield, Vallejo, Rio Vista, Dixon and Vacaville due to the excessive heat warning from the National Weather Service. Due to COVID-19 precautions and close quarters, the use of masks in cooling centers is strongly recommended.

The National Weather Service has issued an Excessive Heat Warning beginning Sunday, September 4, 2022 at 11 a.m. and lasting until Wednesday, September 7 at 8 p.m. This warning may be extended based on weather conditions.

“We’re working quickly to make sure all of our community members are protected during this week’s extremely hot weather,” says Bela T. Matyas, M.D., M.P.H., the County’s Public Health Officer. “I urge everyone to stay cool and safe and check on your elderly neighbors during the week.”

Additionally, all branches of the Solano County Library are designated cooling centers during normal business hours, including:

- Benicia Library (150 East L St.)
- Dixon Library (230 North First Street)
- Fairfield Civic Center Library (1150 Kentucky Street)
- Cordelia Library (5050 Business Center Drive, Fairfield)
- John F. Kennedy Library (505 Santa Clara Street, Vallejo)
- Rio Vista Library (44 South Second Street)
- Springstowne Library (1003 Oakwood Ave, Vallejo)
- Vallejo Room (505 Santa Clara St.)
- Norman C. King Center (545 Magazine St., Vallejo)
- Suisun City Library (601 Pintail Drive)
- Vacaville Cultural Center Library (1020 Ulatis Drive)
- Vacaville Town Square Library (1 Town Square Place)
- Three Oaks Community Center (1100 Alamo Dr., Vacaville)

For a comprehensive list of cooling centers, visit:

[https://www.solanocounty.com/depts/oes/cooling\\_centers.asp](https://www.solanocounty.com/depts/oes/cooling_centers.asp)

## SOLANO COUNTY ADMINISTRATOR'S OFFICE

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 the 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**

- Drink more fluids than usual and do not wait until you're 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

## SOLANO COUNTY ADMINISTRATOR'S OFFICE

For more information on heat safety tips, visit: [www.solanocounty.com/summerready](http://www.solanocounty.com/summerready) and follow [@SolanoOES](https://www.facebook.com/SolanoOES) on Facebook. Residents can sign up for [Alert Solano](#), the County's emergency notification system, to receive emergency alerts by phone, email or text. Sign-up for Alert Solano here: <https://www.solanocounty.com/depts/oes/alertsolano/information.asp>

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