



Public Health Division

County of Santa Cruz

HEALTH SERVICES AGENCY

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Press Release

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SANTA CRUZ COUNTY PUBLIC HEALTH OFFICIALS ENCOURAGE RESIDENTS TO STAY COOL, HYDRATED AND INFORMED DURING HIGH HEAT

Santa Cruz County, CA — The National Weather Services has issued an extreme heat advisory for the Bay Area and Central Coast, including Santa Cruz County. Some locations in the Santa Cruz Mountains, particularly in the San Lorenzo Valley, are likely to exceed 100 degrees.

“Excessive heat poses a significant health risk, particularly to the elderly, young children, pregnant women and those with chronic diseases,” said Santa Cruz County Deputy Health Officer, Dr. David Ghilarducci.

Public Health Officials are urging the community to protect themselves, and their family by following the tips below to prevent heat-related illness:

- Get plenty to drink
 - Drink more water
 - Avoid drinks with caffeine (tea, coffee and cola) and alcohol
- Stay cool indoors
 - Stay in an air-conditioned area, if possible
 - If you don't have air conditioning, go to a library, shopping mall or public building for a few hours
 - A cool shower or bath is also a good way to cool off
- Wear light clothing and sunscreen
 - Choose lightweight, light-colored and loose-fitting clothing
 - A wide-brimmed hat will keep your head cool
 - Use a sunscreen with a sun protection factor (SPF) of 15 or higher and reapply every two hours while in the sun (all skin types)
- Schedule outdoor activities carefully
 - Try to be less active during late afternoon, the hottest part of the day
 - Rest often in a shady area
 - Never leave kids or pets in a parked car

- Use a buddy system
 - Check on your friends and family and have someone do the same for you
 - Check on the elderly and people with health conditions twice a day during a heat wave

- **Protect Your Pets**
 - Never leave pets in a car
 - Be alert for any sign of heat stress, including heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting and deep red or purple tongue
 - Offer a cool place to rest
 - Call animal control or police immediately if you see an animal in distress in a car
 - If you think your pet is experiencing heat stress consult a veterinarian immediately for evaluation.

For more information about extreme heat, visit <https://santacruzcounty.us/ExtremeHeatNotice.aspx> and <https://ready.gov/heat>.

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