

# City of Vacaville

Public Information Office  
650 Merchant Street  
Vacaville, CA 95688  
Phone: (707) 449-5371  
Online at: [www.cityofvacaville.com](http://www.cityofvacaville.com)



## **FOR IMMEDIATE RELEASE**

**Tuesday, July 08, 2008**

**Contact: Mark Mazzaferro, (707) 449-5371**

## **CITY OFFERING TIPS ON HOW TO BEAT THE HEAT THIS SUMMER!**

Temperatures are expected to reach well over 100 this week, with forecasters predicting 105 to 110 degrees in Vacaville. As a result, the following tips are being provided by the American Red Cross to help beat the heat.

1. Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 a.m. and 7 a.m.
2. Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine. Try to go to a public building with air conditioning each day for several hours. Remember, electric fans help sweat evaporate, which cools your body.
3. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy.
4. Drink plenty of water regularly and often. Your body needs water to keep cool.
5. Drink plenty of fluids even if you do not feel thirsty. Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine in them.
6. Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat.
7. Avoid using salt tablets unless directed to do so by a physician.

### **Signals of Heat Emergencies:**

**Heat exhaustion:** Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.  
**Heat stroke:** Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high-- as high as 105 degrees F. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry.

(MORE)

## **Treatment of Heat Emergencies**

**Heat cramps:** Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.

**Heat exhaustion:** Get the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets. If the person is conscious, give cool water to drink. Make sure the person drinks slowly. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.

**Heat stroke:** Heat stroke is a life-threatening situation. Help is needed fast. Call 9-1-1. Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink.

If needed, cooling centers will be opened. Stay tuned to Channel 26 and check the City of Vacaville website for updates and information! Stay cool!