



# Tuolumne County Public Health Department

20111 Cedar Rd. North  
Sonora, CA 95370  
Office: 209-533-7401  
Fax: 209-533-7406  
24-hour Phone: 209-533-8055

**Dean Kelaita, MD**  
Interim Health Officer

**Melissa Parrish, RN, PHN, MSW**  
Director of Public Health Nursing

## NEWS RELEASE

Date: August 31, 2017

From: Dean Kelaita, MD  
Interim Tuolumne County Health Officer

RE: Heat and Air Quality Advisory for Tuolumne County

According to the National Weather Service, an excessive heat warning is in effect for Tuolumne County today through Labor Day. Temperatures are expected to exceed 100 degrees during the day and provide little relief overnight, with lows in the mid-70s. In addition to the heat, smoke from fires burning in Northern California is affecting parts of Tuolumne County resulting in poor air quality that can be harmful to residents, especially to those who are more sensitive to the effects of smoke.

For relief from hot weather, public buildings like the Tuolumne County Library are available according to their usual business hours. The Main Library will be open from 10:00 AM to 6:00 PM, Friday and Saturday and the Tuolumne County Senior Center, 540 Greenley Road in Sonora, is open Friday from 8:00 AM to 4:00 PM.

A Cooling Center will be open at the Senior Center during the following times:

- Friday, Sept. 1 from 6:00 PM to 9:00 PM
- Saturday, Sept. 2 from 6:00 PM to 9:00 PM
- Sunday, Sept. 3 from 11:00 AM to 9:00 PM

Dependent upon the weather forecast as the weekend progresses, the cooling center may also be open on Monday from 11:00 AM to 6:00 PM. Further information regarding cooling center operations on Monday will be provided at a later date.

Pets are not allowed at the Senior Center.

During hot periods, it is a good idea to check water stores, supplies of important medications and air conditioning systems in homes and businesses. If you know of neighbors or friends who might benefit from assistance during the coming hot weather, this might be a good time to check on them.

It is important to wear appropriate clothing during hot weather, such as light-weight, light-colored clothing, especially for children. Wearing a hat and using sunscreen is a good idea if you plan to be outside. If you are unaccustomed to working or exercising in hot weather, it is important to pace yourself, drink 16 to 32 ounces of liquids every hour if you must be active in the heat, and include some foods, juices or sports drinks to replace electrolytes (salts in the blood). It is a good idea to look at the weather forecasts in your planning, and consider avoiding rigorous activity in the hottest parts of the day.

If you or someone you are with develops dizziness, headache, flushed skin or nausea, consider heat illness (heat exhaustion). Heat stroke occurs when a person exposed to extreme heat loses the ability to maintain a normal body temperature, and can lead to

confusion, unconsciousness, or even death. Please consult with your primary care physician or health care provider if you find yourself or another person experiencing these physical symptoms.

The combination of extreme heat for several days and poor air quality from wildfire smoke can increase the risk of smoke related health effects. All persons who can see or smell smoke should avoid outdoor activities.

Dr. Dean Kelaita, Interim Tuolumne County Health Officer, advises those who are sensitive to the effects of smoke should take the following actions:

- Stay indoors or limit time outdoors
- Keep house windows and doors closed
- Set air conditioners to re-circulate air if possible
- Limit physical activity and exertion
- Keep car windows closed; set air conditioning to re-circulate
- Follow your asthma management plan
- Reduce indoor air pollutants: Tobacco smoke, vacuuming, using paints or solvents

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