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FOR IMMEDIATE RELEASE

*****Heat PSA*****

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Summer is here and that means HEAT! Are you prepared for the upcoming days of temperatures reaching 100 degrees or higher? Extreme heat is dangerous for all persons but especially the very young, senior citizens, and those with chronic medical conditions. These groups of vulnerable people have a harder time regulating their body temperature.

The Nevada County Public Health Department and the Office of Emergency Services offers some tips for hot weather:

- Drink plenty of water and other non-alcoholic beverages.
- Dress in loose fitting, lightweight, and light colored clothes.
- Protect your face and head by wearing a wide brimmed hat.
- Pace your outdoor activities.
- Use an air conditioner if possible. Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Check on family, friends, and neighbors who do not have air conditioning.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.
- Never leave any person or animal in a closed vehicle.

If you or someone you know is experiencing heat related problems, please contact your private medical provider with any questions.

For additional information please call the warm-line at 530-265-7258, look at the Office of Emergency Services Facebook page or log on to www.mynevadacounty.com/ph.