### Office of Emergency Services Public Health Department County of Tuolumne Telephone: (209) 533-6395

**County of Tuolumne** Telephone: (209) 533-7401

**Tuolumne County Animal Control County of Tuolumne** Telephone (209) 694-2730

### FOR IMMEDIATE RELEASE

# Increasing Temperatures Through the Week; Widespread Major **Heat Risk this Weekend**

## **PRESS RELEASE**

Weds July 12, 2023

The National Weather Service is calling for temperatures that will bring major heat risk to the foothills through the weekend. You can view temperature forecasts at the National Weather Service website here.

### Tuolumne County OES and Tuolumne County Public Health would like to remind individuals to:

- Wear appropriate clothing during hot weather, especially for children.
- Drink plenty of water and replenish electrolytes.
- Stay cool and indoors if possible. Avoid being outdoors during the hottest parts of the day (10am-6pm). Consider cancelling outdoor activities during the heat of the day.
- Wear a hat and using sunscreen if you plan to be outside.
- Wear lightweight, loose fitting, and light-colored clothing.
- Pace yourself when working or exercising in hot weather and take regular breaks in the shade.
- Check in your friends and neighbors who may need assistance.
- Young children and pets should never be left unattended in vehicles under any circumstance.
- Practice vehicle safety, secure chains, no dragging parts and check tire pressure to prevent sparks.
- If you choose to recreate in local waterways, remember that the runoff is still high and cold. Please use caution, avoid high runoff areas, and use a life jacket.

We are working with County facilities and local partners to provide cool places for those seeking relief. Please see the attached information on locations for relief from hot weather this weekend.

### **Transportation**

For those who need transportation to the places to get cool during hours of operation, please contact Tuolumne County Transit at 209-532-0404.

### **Animal Control**

Should you need a cooling facility for pets, the Animal Control center is available by calling (209) 694-2730.

Tuolumne County OES and Tuolumne County Public Health will continue to monitor the situation and if additional facilities or extended hours are needed, we will update the public. Stay cool, stay safe, be prepared, and check on your neighbors or those who might need assistance.

For more information, please contact Tuolumne County OES at (209) 533-6395 or Tuolumne County Public Health at (209) 533-7401. You can also email us at OES@co.tuolumne.ca.us or visit our Facebook https://m.facebook.com/TuolumneCountyOES/. If there is an emergency, please call 9-1-1.



