

**FOR IMMEDIATE RELEASE**

September 02, 2020

**For more information please contact:  
EMS Duty Officer, 805-981-5339**

The National Weather Service in Los Angeles/Oxnard has issued an “Excessive Heat Warning” for various Ventura County Interior Valleys, Coastal Valleys, and Mountains Recreational Areas in effect from Friday September 4, 2020 through Monday September 7, 2020.

Temperatures may be hotter than the last heat wave in mid-August, with daytime highs ranging from 100 to 115 degrees in most areas away from the beach.

The high temperatures may create a dangerous situation in which heat-related illnesses are possible. Drink plenty of fluids. Stay in air-conditioned rooms. Stay out of the sun and check on relatives and neighbors. Take extra precautions if you work or spend time outside. When possible reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heat stroke. Wear lightweight and loose-fitting clothing when possible. To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air-conditioned environments. Anyone overcome by heat should be moved to a cool and shaded location.

**Signs and Symptoms of Heatstroke**

- Symptoms – headache, nausea, face flushed, hot and dry skin, no perspiration, body temperature over 101°F, chills, and/or rapid pulse.
- First Aid – cool person immediately, move to shade or indoors, wrap in a cool, wet sheet, and get medical assistance.

Heat stroke is an emergency! Call 9 1 1.

Children, the elderly, and those with significant underlying medical conditions are most susceptible to the effects of heat. No person or pet should be left in an enclosed vehicle or direct sunlight for extended periods of time. Temperatures quickly rise to life-threatening levels – even if the windows are partially open.

Cooling centers will be activated at the following locations:

**Ojai Recreation Center**

510 Park Road  
Ojai, CA 93023

Location will be open 9/5/20 – 9/7/20 from 11am-5pm

**Fillmore Senior Center**

533 Santa Clara Street  
Fillmore, CA 93015

Location will be open 9/5/20 – 9/7/20 from 11am-7pm

Cities are taking appropriate steps to ensure cooling centers are designed in accordance with current guidelines related to social distancing and cleaning. Additional cooling centers may be opened in your area as the heat event continues to develop. Please refer to your city's website for additional information.

### **Quick Tips for Responding to Excessive Heat Events**

#### **Do**

- Use air conditioners or spend time in air-conditioned locations such as designated cooling centers.
- Use portable electric fans to exhaust hot air from rooms or draw in cooler air.
- Take a cool bath or shower.
- Minimize direct exposure to the sun.
- Stay hydrated – regularly drink water or other nonalcoholic fluids.
- Eat light, cool, easy-to-digest foods such as fruit or salads.
- Wear loose fitting, light-colored clothes.
- Check on people who may need assistance related to the heat.
- Know the symptoms of excessive heat exposure and the appropriate responses.

#### **Don't**

- Leave children and pets alone in cars for any amount of time.
- Drink alcohol to try to stay cool.
- Eat heavy, hot, or hard-to-digest foods.
- Wear heavy, dark clothing.

For more information, please visit <https://www.readyventuracounty.org/stay-informed/heat-emergency/>