

## NEWS RELEASE

### FOR IMMEDIATE RELEASE

**Media Contact: EMS Duty Officer**  
**805-981-5339**

June 14, 2021

### Excessive Heat Warning

The National Weather Service in Los Angeles/Oxnard has issued an excessive heat warning from June 15<sup>th</sup> at 10:00 AM through 9:00 PM, June 16<sup>th</sup>, and an excessive heat watch from June 16<sup>th</sup> at 9:00 PM to June 18<sup>th</sup> at 9:00 PM. Temperatures in the valleys and inland mountain areas are expected to exceed the 100-degree mark for a prolonged period of time, with relatively poor overnight recovery.

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 (OSHA) 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. To help provide respite from the heat, cities around Ventura County will be opening cooling centers at the following locations:

- Camarillo: Camarillo Library 4101 Las Posas Rd Camarillo, CA 93010; open daily from 10:00 AM to 6:00 PM
- Fillmore: Fillmore Active Adult Center 533 Santa Clara St. Fillmore, CA 93015; open 10:00 AM to

6:00 PM 6/15/21-6/18/21

- Ojai: Boyd Center 510 Park Road, Ojai, CA 93023; open 10:00 AM - 5:00 PM 6/15/21-6/18/21
- Santa Paula: Santa Pula Community Center 530 W. Main St. Santa Paula, CA 93061; open 10:00 AM to 3:00 PM 6/15/21– 6/18/21
- Simi Valley: Simi Valley Senior Center 3900 Avenida Simi Valley, CA 93063; open 9:00 AM to 7:00 PM 6/15/21 –6/17/21
- Thousand Oaks: Thousand Oaks Library 1401 E. Janss Rd. Thousand Oaks, CA 91360; open daily 10:00 AM to 2:00 PM.

For additional information, please call 211, or visit [www.vcemergency.com](http://www.vcemergency.com)

### **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

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