

**For more information please contact:  
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The National Weather Service in Los Angeles/Oxnard has issued an “Excessive Heat Warning” for various Ventura County interior regions in effect until 7 pm Thursday.

Temperatures in the interior valleys including Santa Paula, Fillmore, Ojai and Piru are expected to be between 90 and 106 through Thursday evening with Heat Index values up to 110.

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.

Children and the elderly are most susceptible to heat stroke. No person or pet should be left in an enclosed vehicle. Temperatures quickly rise to life-threatening levels – even if the windows are partially open.

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

#### **Do**

- Use air conditioners or spend time in air-conditioned locations such as malls, libraries and movie theaters.
- 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.

See the attached Tip Sheet or visit: <http://www.readyventuracounty.org>