

Contact:

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FOR IMMEDIATE RELEASE

Excessive Heat Warning for Ventura County

[Ventura County, Calif.] -- The National Weather Service in Los Angeles/Oxnard has issued an “Excessive Heat Warning” for various Ventura County coastal and interior valleys through Tuesday evening. Temperatures in the interior valleys including Thousand Oaks, Simi Valley, Moorpark, Newbury Park, Santa Paula, Fillmore, Ojai and Piru are expected to be between 100 and 110 through Monday evening with similar Heat Index values in areas away from the immediate coast. Excessive temperatures and Heat Index values are expected to continue in the Ventura County mountain regions through Tuesday evening.

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 related illness. 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. Anyone overcome by heat should be moved to a cool, shaded location and call 911.

Quick Tips for Staying Safe During 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.

For more information and an updated list of local cooling centers visit: <http://www.readyventuracounty.org>

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