



SISKIYOU COUNTY

Health and Human Services Agency

Public Health Division

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FOR IMMEDIATE RELEASE

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Public Health Advises the Public to Take Caution during Forecasted Excessive Heat

SISKIYOU COUNTY – The National Weather Service has issued an Excessive Heat Warning in effect from August 10, 8:00am until August 12, 2:00am for the Shasta, Scott and Klamath River Valleys in central and western Siskiyou County. This includes the communities of Weed, Yreka, Montague, Etna, Ft. Jones, Happy Camp and Somes Bar. Siskiyou County Public Health officials are advising the public to take precautions to prevent heat-related illness.

During periods of excessive or extreme heat, be sure to:

- Find air conditioning.
- Avoid strenuous activities.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Never leave people or pets in a closed vehicle.

Signs of heat exhaustion include feeling faint or dizzy, excessive sweating, cool, pale, clammy skin, nausea or vomiting, rapid, weak pulse, and muscle cramps. Signs of heat stroke include throbbing headache, confusion, no sweating, body temperature about 103°, red, hot, dry skin, nausea or vomiting, rapid, strong pulse, possible loss of consciousness.

Everyone is at risk of heat-related illness but older adults, children, and sick or overweight individuals are at greater risk from extreme heat. Monitor for signs of heat exhaustion or heat stroke and take appropriate action when needed, such as getting to a cooler location, drinking sports drinks or taking a cool bath. Call your healthcare provider if symptoms get worse or last more than an hour. For heat stroke call 9-1-1 or get to a hospital immediately.

The Siskiyou County Public Health Emergency Preparedness Program, in collaboration with the Siskiyou County Office of Emergency Services, has coordinated with Community Resource Centers and County Libraries to provide cooling centers throughout the county for those in need of relief during excessive and extreme heat. Cooling Centers are operating during normal business hours only.

Please see flyer for list of cooling center locations, or call the Siskiyou County Public Health department at (530) 841-2134 for more information.

<https://www.siskiyoucounty.gov/emercencyservices/page/siskiyou-county-office-emergency-services-open-cooling-centers-due-extreme>

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