



**FOR IMMEDIATE RELEASE**

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**County Alerts Residents to Take Precautions  
During Excessive Heat Watch**  
*National Weather Service Warns Near Record Heat Expected  
Thursday across the South Bay*

SAN JOSE, CALIF.— With temperatures reaching the 90s during the next two days, the County's Public Health Department is asking residents, especially people at risk when exposed to high temperatures, such as the elderly, children under four and those with chronic diseases, to take appropriate precautions against heat-related illnesses.

"Most people will not be severely affected by high temperatures; however, some populations are at risk," warned Dr. Martin D. Fenstersheib, Health Officer for Santa Clara County. "Extra precautions such as staying out of the heat and drinking lots of water are basic tips that could potentially save a life."

**TOP TEN TIPS FOR STAYING COOL:**

1. Drink plenty of non-carbonated liquids like water or electrolyte-enriched liquids to replace your fluids even if you don't feel thirsty.
2. Avoid liquids that have alcohol, caffeine or lots of sugar because they will speed up fluid loss.
3. Stay in air-conditioned areas such as malls, libraries, movie theatres and community centers. Even a few hours can cool your body's temperature.
4. If you feel very hot, cool off by taking a cool bath or shower. Opening a window or using a fan may not prevent heat-related illnesses.
5. Do not cool children in alcohol baths. Cool, plain water baths or moist towels work best.
6. Wear lightweight, light-colored, loose-fitting clothing, such as cotton, so sweat can evaporate.
7. NEVER leave anyone or pets in closed, parked cars during hot weather.
8. Do not bundle babies in blankets or heavy clothing. Infants do not tolerate heat well because their sweat glands are not fully developed.
9. Limit physical activity to morning and evening hours. Avoid physical activity or exercise between 10 a.m. and 3 p.m. typically the hottest part of the day. Rest often in shady areas.
10. Wear a wide-brimmed, vented hat or use an umbrella because your head absorbs heat easily.

For more information, go to [www.sccgov.org](http://www.sccgov.org) and click on "Hot Weather Tips for Your Health."

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