



A Tradition of Stewardship  
A Commitment to Service



**Public Health**  
Prevent. Promote. Protect.  
**PUBLIC HEALTH DIVISION**  
Napa County Health & Human Services Agency

**Health and Human Services Agency**  
Public Health Division

2751 Napa Valley Corporate Drive  
Building B  
Napa, CA 94559  
[www.countyofnapa.org/publichealth](http://www.countyofnapa.org/publichealth)

**Howard K. Himes**  
Agency Director

24/7 bilingual recorded information: (707) 253-4540

## **Stay cool, hydrated and informed during extreme heat**

### **Stay Cool**

- Stay out of the sun, limit outdoor activity and physical exertion
- Seek out air-conditioned buildings
- Wear light-colored, loose-fitting clothing and wide-brimmed hats when outdoors
- Lower body temperature by using cold compresses, misting and taking cool showers, baths or sponge baths.

### **Stay Hydrated**

- Drink plenty of water
- Avoid alcohol, caffeine and sugary drinks as these can promote dehydration
- Eat light meals
- For mothers who are breastfeeding, increase the amount of breastfeeding
- Formula-fed infants:
  - Age 6 to 12 months: offer 4 to 8 oz. of water in a cup
  - Less than 6 months: talk to your doctor

### **Stay Informed**

- Visit [www.countyofnapa.org/publichealth/extremeheat](http://www.countyofnapa.org/publichealth/extremeheat) for more tips to prevent heat related illness
- Keep your friends, family and neighbors aware of heat safety

### **High Risk Groups for Heat-Related Illness**

- People aged 65 and older
- Infants and children
- Pregnant women

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**Stay Cool, Hydrated and Informed in the Heat**

- People with chronic medical conditions
- People that work or exercise outdoors

**Seek Medical Attention for Heat-Related Illness**

Napa County Health Officer, Dr. Relucio, advises residents to be alert to the following symptoms of heat exhaustion and to seek medical attention for:

- Profuse sweating and muscle cramping
- Body temperature of 105°F with hot, dry skin
- Confusion or unconsciousness

**Protect your pets**

- Pets are vulnerable to high heat
- Provide a cool place to rest with water
- Never leave pets in a car
- Be alert for any sign of heat stress, including heavy panting, glazed eyes, a rapid pulse, unsteadiness, a staggering gait, vomiting and deep red or purple tongue and consult a veterinarian immediately for evaluation.
- Call animal control or police immediately if you see an animal in distress in a car

**Find out more**

- For more information and resources visit the Centers for Disease Control and Prevention (CDC) Extreme Heat site:
  - English: [www.cdc.gov/disasters/extremeheat](http://www.cdc.gov/disasters/extremeheat)
  - Spanish: [www.cdc.gov/extremeheat/espanol](http://www.cdc.gov/extremeheat/espanol)