



## Mendocino County Public Health Department

*Healthy People, Healthy Communities*

**Dr. Andrew Coren, County Health Officer**



# Press Release

*Not for op-ed*

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Date: September 5, 2022

**TO: MENDOCINO COUNTY NEWS MEDIA**

**FR: MENDOCINO COUNTY PUBLIC HEALTH**

**Public Notice:** Public Health has declared a heat emergency for the interior valleys of Mendocino County due to extremely high forecasted daytime temperatures. The heat emergency is expected to end at 8 PM on Friday, Sept. 9.

The heat emergency applies to the Ukiah and Potter Valley areas, where high temperatures are forecast to exceed 110 degrees, although the rest of the county will also experience extreme heat away from the coast.

The City of Ukiah will open a cooling center at the Civic Center where people can escape the heat this week. Hours will be extended if rolling power outages occur:

- Open today (Monday, 9/5) from 12 PM – 8 PM
- Open Tuesday-Friday from 8 AM – 8 PM.
- 300 Seminary Ave, Ukiah, CA 95482

Excessive heat poses a real health risk, particularly to those who work outdoors, the elderly, young children, pregnant women and those with chronic diseases. Mendocino County Deputy Health Officer Dr. Charlie Evans is urging residents to make a plan to stay cool and look out for friends and neighbors:

“Keep in close contact with family, friends and neighbors, especially those who have preexisting medical conditions or work outdoors. It’s important to remind one another to seek shade, drink water and get medical assistance if signs of heat fatigue become visible.”

To protect yourself and your family when the weather is very hot, follow the tips below:

- Never leave anyone including children or pets in a parked car, even briefly.
- Don’t work outdoors alone.
- Consider working a flex schedule to avoid the hottest time of day, 12-6 PM.
- Use air-conditioning to cool down or go to an air-conditioned building.
- Drink plenty of fluids. Don't wait until you're thirsty to drink more fluids.

Public Health will continue to monitor the situation and give updates as needed. You can also reach the Public Health Call Center at 707-472-2759, Mon - Fri, 8:30 AM - 5 PM.