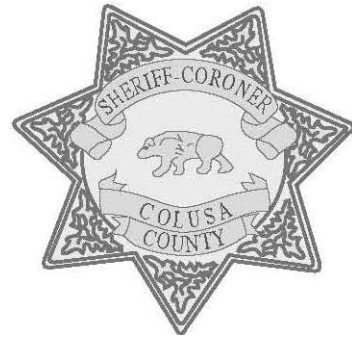


# Colusa County Sheriff

929 Bridge Street  
Colusa, CA 95932



## Press Release

Contact: Janice Bell  
(530) 458-0218

Excessive Heat Warning

For Immediate Release

June 19, 2017, 2:17 PM

Colusa County has been identified as an area at Very High Risk of experiencing Excessive Heat this week and potentially in the weeks to come. While this is the north state and we experience high heat frequently in the summer, it is especially important to be vigilant when it comes to protecting yourself, employees and clients or customers during these periods. Many people who are new to the area have not experienced these conditions and may not be aware of what steps to take to prevent heat-related illness or injuries. Elderly, children and individuals who have been ill are of special concern.

The Governor's Office of Emergency Services along with the National Weather Service warn of the risk of heat-related illness and injuries during high heat events. While warnings caution against strenuous exercise or working outdoors during excessive heat, it is understood that people will continue to participate in regular workouts and yard work. Rest in shade or indoors, and drink plenty of water, non-caffeinated or non-alcoholic beverages and seek cooler climates if discomfort occurs.

We encourage businesses to have an Injury & Illness Prevention Plan and to train employees to be aware of how to recognize and treat heat-related injuries. If in doubt or someone appears to be experiencing a heat stroke or other distress, please call 9-1-1.

Don't forget your pets: They need cool shelter and water, too!

We want you to have a safe and fun summer!