



Public Health Brief

Richard O. Johnson, M.D., MPH

Public Health Officer

Office: 530-694-2146, Ext 249

e-mail: rjohnson@alpinecountyca.gov

Nichole Williamson

HHS Director

Office: 530-694-2235

24/7/365 Emergency Contact Number

Dispatch: 530-694-2231, Ext 330



Tuesday July 11, 2023



Extreme Heat *Resources*

Over the next few months, parts of Alpine County are expecting temperatures to rise well above average for the summer. Although we at higher altitude may not experience temperatures over 100 degrees, we



Public Health
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Charles Dobson, District 2: Ron Hames, District 3: Irvin Jim,

District 4: Terry Woodrow, District 5: David Griffith

are that much closer to the sun!

Older adults, children under four, people with existing medical conditions, and those without access to air conditioning are most at risk for extreme heat and heat-related illnesses. Here's a list of trusted resources to keep you and your loved ones safe, healthy, and cool this next week and throughout the summer. Please share these resources with your family and friends.

Extreme Heat Resources:

- [Monitor the weather forecast in your area by zip code \(weather.gov\)](#)
- [Preventing Heat-Related Illness](#) (Centers for Disease Control)
- [Heat and Older Adults](#) (Centers for Disease Control and Prevention)
- [Be Informed - Extreme Heat](#) (California Department of Public Health)
- [Ways to prevent dehydration](#) (Center for Disease Control and Prevention)
- Subscribe to [Flex Alerts](#) and help keep the power on in California (California ISO)
- Additional [heat wave resources](#) focused on older adults and people with disabilities (CDA)
- [California Aging & Adult Information Line](#) – For local information and assistance for aging and disability services, call 1 (800) 510-2020

To subscribe to "Public Health Brief", go to: <https://www.alpinecountyca.gov/list.aspx>
All Public Health Briefs are archived at <https://www.alpinecountyca.gov/516/COVID-19>



Public Health
Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120
Alpine County Board of Supervisors, Phone: (530) 694-2281
District 1: Charles Dobson, District 2: Ron Hames, District 3: Irvin Jim,
District 4: Terry Woodrow, District 5: David Griffith