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KINGS COUNTY

# EXTREME HEAT EMERGENCY PLAN

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A Guide to BEAT THE HEAT IN KINGS COUNTY



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## Kings County Extreme Heat Emergency Plan

### Goals:

- *Develop a plan which will assist in anticipating heat emergencies*
- *Educate the public about the dangers of heat emergencies*
- *Educate the public about what to do in the event of a heat emergency.*

### **Phase 1 – Seasonal Readiness**

- A. Distribution of Educational materials to:
  - a. Pharmacies
  - b. Churches
  - c. Senior Centers
    - To be distributed first business day in May
  - d. Youth Sports groups
  - e. Coaches
  - f. Commission on Aging
  - g. List of locations to receive educational materials included in Appendix A
  - h. To include:
    - i. Beat the Heat Posters
      - Beat the Heat – English – included in Appendix B
      - Beat the Heat – Spanish – included in Appendix C
    - ii. Flyers
      - Elderly Heat Tips – English – included in Appendix D
      - Elderly Heat Tips – Spanish – included in Appendix E
      - Youth Sports Notice – included in Appendix F
      - RUOK Flyer – English – included in Appendix G
      - RUOK Flyer – Spanish – included in Appendix H
- B. Identify target Populations
  - List of Target Populations at increased risk included in Appendix I
  - List of Medical Conditions that can increase risk included in Appendix J
  - List of Medications that can increase risk included in Appendix K
- C. Provide Heat information to Medical professionals
  - a. Awareness
  - b. Education
    - Information for Medical Professionals to be included in Appendix L
- D. Identify Cool places – Places willing to accept people trying to get out of the heat
  - List of cool places included in Appendix M
  - Maps to cool places included in Appendix N
- E. Identify Media Outlets to get information out to the Public
  - a. News Stations
    - i. Television
    - ii. Radio
  - b. News Papers
    - List of Media outlets included in Appendix O
- F. Kick off Extreme Heat Season
  - a. Press release Thursday before Memorial Day Weekend (5/22/2008)
  - b. Seasonal Readiness to end Labor Day Weekend (9/1/2008)
  - Sample Press Releases to be included in Appendix P

**Phase 2 – Increased Readiness – triggered by the issuance of a  
*Heat Outlook* by NWS Hanford**

- A. Verify Cool Places through phone calls or letters to places to be sure they are still open and able to take people in during hot temperatures
- B. Increase Awareness of Increase in Temperatures
  - a. News Stations/Broadcasts
  - b. Newspapers
- C. Recommend curtailment of outdoor activities
  - a. Or move activities to early morning hours
  - b. To be posted on Health Department Website
- D. Post alert on County Home Page

**Phase 3 – Heat Alert**

- A. Governor Issues Emergency
  - o Fairgrounds Cooling Center Opens
    - Unless during Kings Fair (7/10/08 – 7/13/08)
  - o Fairgrounds are only building that will open as cooling center in county
- B. County Emergency
  - o Guideline: 105 degrees F for 2 or more days and does not drop below 80 degrees F at night
    - Declare County emergency upon forecast of this weather
  - o Open Cooling Places – Suggest extended hours (also for public pools)
  - o Step up awareness
    - News Broadcasts
    - Newspapers
  - o Suggest to stop outdoor activities
    - if possible
  - o Monitor CAISO for Stage 3 Electricity Outage

**Phase 4 – Blackout**

- A. Fairgrounds is already listed with Southern California Edison as a cooling center, in effort to stay open during rolling blackouts
- B. If blackout is not rolling, but actual blackout
  - o Identify buildings throughout the county with back-up generators that can take people in:
    - List of locations with back-up generators that can run air conditioners included in Appendix S

Guide to **LOCATIONS EDUCATIONAL MATERIALS DISTRIBUTED TO**

**ARMONA**

PHARMACIES

CHURCHES

COMMUNITY CLINICS

MEDICAL PROFESSIONALS

SENIOR CENTERS

- Armona Senior Center      10953 14<sup>th</sup> Ave      582-3211 x 3809

**AVENAL**

PHARMACIES

CHURCHES

COMMUNITY CLINICS

MEDICAL PROFESSIONALS

SENIOR CENTERS

**CORCORAN**

PHARMACIES

CHURCHES

COMMUNITY CLINICS

MEDICAL PROFESSIONALS

SENIOR CENTERS

**HANFORD**

PHARMACIES

CHURCHES

COMMUNITY CLINICS

Guide to **LOCATIONS EDUCATIONAL MATERIALS DISTRIBUTED TO**

MEDICAL PROFESSIONALS

SENIOR CENTERS

- KINGS COUNTY COMMISSION ON AGING

582-3211 x 2828

YOUTH SPORTS GROUPS/COACHES

**KETTLEMAN CITY**

PHARMACIES

CHURCHES

COMMUNITY CLINICS

MEDICAL PROFESSIONALS

SENIOR CENTERS

**LEMOORE**

PHARMACIES

CHURCHES

COMMUNITY CLINICS

MEDICAL PROFESSIONALS

SENIOR CENTERS

**STRATFORD**

PHARMACIES

CHURCHES

COMMUNITY CLINICS

MEDICAL PROFESSIONALS

SENIOR CENTERS

# Beat the Heat

## 8 Simple Steps for Older Adults

Each year, more people die from “excessive heat events” — or heat waves — than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. Anyone can be adversely affected by excessive heat, but older adults are particularly vulnerable.

**Following these simple steps can save lives and reduce risk:**



**Visit** air-conditioned buildings in your community if your home is not air-conditioned

**Take** a cool shower or bath

**Drink** plenty of water

**Wear** lightweight, light-colored, and loose-fitting clothing

**Avoid** strenuous activities

**Ask** your health care provider if the medications you take increase your risk to excessive heat events

**Visit** at-risk individuals and watch for warning symptoms such as hot and dry skin, confusion, hallucinations, and aggression

**Call** 911 if medical attention is needed



# Venza el calor

## 8 pasos sencillos para los adultos de los años dorados

Más personas mueren a consecuencia de “eventos de calor excesivo” o llamadas olas de calor anualmente que de otros eventos como huracanes, rayos y relámpagos, tornados, inundaciones y terremotos combinados. Cualquier persona puede verse adversamente afectada por el calor excesivo, pero los adultos de edad avanzada son particularmente vulnerables.

**Siga los siguientes pasos sencillos para salvar vidas y reducir los riesgos:**

**Visite** edificios que tengan aire acondicionado en su comunidad si su hogar no tiene aire acondicionado

**Tome** una ducha o baño con agua fresca

**Tome** muchos líquidos

**Use** ropa ligera y holgada

**Evite** las actividades vigorosas

**Pregúntele** a su médico si los medicamentos que está tomando aumentan su riesgo de los eventos de calor excesivo

**Visite** los individuos más susceptibles y vigile para síntomas de advertencia como la piel caliente o seca, confusión, alucinaciones y agresión

**Llame** al 911 en caso de que necesite atención médica



## It's Getting Hot...

More people die each year from excessive heat events than from hurricanes, lightning, tornadoes, floods, and earthquakes combined.

## Everyone is at risk...

Especially older adults and those with health conditions or on certain medications

This information brought to you by:  
**The Heat Injury Prevention Coalition of Kings County**

### Stay cool:

- Use your air conditioner at least 4 hours per day in the afternoon or visit air-conditioned buildings
- Take cool showers
- Run fans with a mist

### Wear cooler clothing



Open your windows for a few hours in the evening when the temperature cools down



### Drink Water

Don't rely on thirst. Sip water throughout the day – at least 3-4 quarts each day

### Go for a swim...



Ask your health care provider if your medications increase your risk to excessive heat events

- Cool places to visit in your town:
- Armona.....Senior Center
    - Library
  - Avenal.....Avenal Branch Library
  - Corcoran.....Corcoran Branch Library
  - Hanford.....Hanford Branch Library
    - Hanford Mall      • Salvation Army
  - Lemoore.....Lemoore Branch Library
  - Kettleman City...
    - Kettleman City Branch Library
  - Stratford.....Stratford Branch Library
- Or call 1-800-649-5399  
For other cool places to beat the heat

## Ya Hace Calor...

Mucha gente muere mas cada ano de eventos del exceso de calor envez de huracanes, relampagos, tornados, inundaciones, y terremotos combinados.

## Todos estan en riesgo...

Especialmente la gente de edad mayor y personas que tienen condiciones de salud o otras condiciones medicas.

Esta informacion fue traída a used por  
**La Coalición Preventiva de  
Daños de Calefacción del  
Condado de Kings**

## Permanesca fresca:

- Use su aire acondicionado por lo menos 4 horas durante el medio día o visite un lugar con aire acondicionado
- Tome baños con agua fresca
- Prenda su ventilador con llovizna

## Use ropa ligera



**Abra sus ventanas por unas horas en la tarde cuando baje la temperatura**



## Tomando Agua



**No dependa que le de sed.  
Tome tragos de agua durante el dia-por lo menos 3-4 cuartos al dia.**

## Ir a nada...



**Pregunte a su proveedor de cuidado de salud si sus medicamentos han aumentado el riesgo de exceso de calefacción**

Lugares que puede visitar en su ciudad en donde puede refrescarse:  
Armona.....Senior Center on 14<sup>th</sup>  
• Library

Avenal.....Avenal Branch Library

Corcoran.....Corcoran Branch Library

Hanford.....Hanford Branch Library

- Hanford Mall
- Salvation Army

Lemoore.....Lemoore Branch Library

Kettleman City...

- Kettleman City Branch Library

Stratford.....Stratford Branch Library

O llame al 1-800-649-5399

Para otros lugares en cual puede refrescarse para ganarle a la calefacción

Perry Rickard  
Director of Public Health

Michael L. Mac Lean, M.D., M.S.  
Health Officer



## **COUNTY OF KINGS**

## **DEPARTMENT OF PUBLIC HEALTH**

330 Campus Drive - Hanford, California 93230  
Telephone: (559) 584-1401 Fax: (559) 582-7618

**TO:** YOUTH SPORTS GROUPS  
**FROM:** HEAT INJURY COALITION OF KINGS COUNTY & KINGS COUNTY PUBLIC HEALTH DEPARTMENT  
**SUBJECT:** HEAT INJURY IN ATHLETES  
**DATE:** 5/1/2008

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### **HEAT INJURY IN ATHLETES**

Hot summer months are quickly approaching the Central Valley. In the last 10 years, heat waves have resulted in more weather-related fatalities annually than any other natural disaster (about 400 deaths per year). Global climate change is expected to increase the risk to human health due to heat. July 2006 was the second hottest July on record. That month's heat wave resulted in the deaths of at least 140 people in California. These deaths could have been prevented.

The groups at highest risk for heat injury include elderly, outdoor workers, and athletes not acclimated to the heat.

Please seek direction from the CIF (California Interscholastic Federation) website – Sports Medicine Handbook for information regarding Prevention of Heat Related Illness. The Kings County Public Health Department has a link to the CIF Handbook at:

<http://www.countyofkings.com/Health/index.html>

Pages 20-26 Discuss Heat Related Illness with tips for: Prevention, Identification & Treatment, and Participation in Athletics.

## Member comments

*"The Are You Okay program is the one that brings the most emotionally and needed RELIEF to both members and their family."*

*"I think the program and people are great for those who live alone. I missed one call and within minutes a deputy and Barbara were at my home to check on me."*

*"Well thank you, that's what I tell the computer each morning when it calls me to make sure I am okay. I really appreciate the daily call."*

*"It is great to be a part of the Kings County Sheriff's Department's Are You Okay program. Since I live alone and do not have a family member close to Avenal, the Are You Okay program assures me that if I'm not able to answer the phone someone will check on me and contact a family member. Members of the Kings County Sheriff's Department have not forgotten the elderly. The Citizens on Patrol program also have not forgotten the elderly. Their friendly visits to my house each week is the highlight of my week."*

## **Kings County Sheriff's Department**

### **Mission Statement**

The Kings County Sheriff's Department is dedicated to providing the finest quality law enforcement and correctional services.

To ensure a tranquil quality of life we stand unified, determined to protect and safeguard human rights.

We shall provide top quality, responsive, efficient law enforcement services. This commitment of excellence is a sacred trust.

Working in partnership with our communities is our MISSION! Together, we cannot fail!

**"Are You O.K.?"**®



**FREE** computerized telephone system to check on senior citizens or disabled/homebound individuals.

Provided by the

Kings County Sheriff's Office

Also available in the cities of  
Corcoran, Hanford and Lemoore.

## What is "Are You O.K."?

"Are You Okay" is a new service offered by the Kings County Sheriff's Office. We know Kings County has many senior citizens and we care about them. We are happy to offer this new computerized system to help check the welfare of each member.

The Kings County Sheriff's Office realizes many senior citizens live alone and may not have a family member living locally. We do not want to replace any contacts with family or friends, we simply are offering an added source of knowing you are being checked on daily.

## General Information

This system is currently in use in over 183 towns and cities throughout the United States and Canada. The system is capable of making 120 calls per hour. The "Are You O.K.?" system has been in use in Kings County since January 1997 and has been very successful so far.

## How does it work?

As a member you select the time of day you wish to be called. You will be called the same time each and every day. All you need to do is pick up your telephone and listen to the prerecorded message. You do not need to talk or respond in any way and you may hang up at any time

during the message. The computer assumes you are okay if you answer the telephone. Should you be using the phone or did not have time to answer the phone, two more attempts will be made to contact you. If all attempts fail an "alert" will be issued and your emergency contact person will be notified to check on you. If the person is not available, a deputy/officer will be sent to your home to check on you.

## What about my vacation?

As a member you can call whenever you will be away from home. Simply tell Central Dispatch the dates you will not be home and your calls will be stopped temporarily. When you return home notify Central Dispatch and your calls will begin again.

## Can I make changes?

Yes. If you decide you don't like the time you chose or need to update any information, simply call Central Dispatch and they will be glad to help you.

## What if I don't like it?

Once you join the program we are sure you will find it comforting and hassle free. If you should decide the program is not what you wanted or needed, please call Central Dispatch and request to be taken off the program.

## How do I join?

If you live in Kings County and would like to join this program simply call Central Dispatch at 582-3211 ext. 2720 and they will be happy to enroll you.

If you live in the City of Avenal please call the Kings County Sheriff's Office's Avenal Substation at 386-5361 during normal business hours to join.

To join the "Are You O.K.?" program simply call the number for your area and answer some simple questions. It really is that easy. There is a one page questionnaire which needs to be completed to join. You will need to provide information such as your name, address, phone number, date of birth, emergency contact information and a brief medical history.

## Tell a friend

Once you decide to join the "Are You O.K.?" program and enjoy being a member, please feel free to tell your friends about the program. It is through word of mouth this program will expand and become even more successful.

The Kings County Sheriff's Office is a "community oriented" organization and is proud to offer this service to the seniors of Kings County **FREE of charge!**

necesita esta firmada para alistar. Usted necesitada proporcionar información como su nombre, domicilio, número de teléfono, día de nacimiento, información de una persona de contacto en emergencia y una historia medical breve.

### Dirle a un amigo!

Despues que decide alistar en "¿Esta Bien?" y le gusta, por favor dirle a sus amigos. Esta programa crecera y sucedera con la ayuda de su palabra.

La Oficina Del Sheriff Del Condado De Kings está "orientada a la comunidad." Es una organización orgulloso a ofrecer este servicio a los ciudadanos de edad en el Condado De Kings, GRATIS!

### Comentarios De Miembros

"La programa "¿Está Bien?" es la que trae lo mas alivio emocional a los miembros y a sus familias."

"Yo pienso que la programa y la gente son excelente para los que viven solos. Falté una llamada y en minutos un oficial y Barbara estaban a mi domicilio para refrenar que estaba bien."

## Departamento Del Sheriff Del Condado De Kings DECLARACIÓN DE MISIÓN

*El Departamento Del Sheriff Del Condado De Kings está dedicado a proporcionar lo mejor calidad de ejecución de ley y servicios correccional.*

*Para asegurar una vida de calidad tranquila, estamos unidos, determinados a proteger y salvaguardar derechos humanos.*

*Nosotros proporcionamos del mayor calidad, respondiendo con eficiente servicios de la ley. Esta comisión de excelencia es una confianza sagrada.*

*Trabajando en asociación con las comunidades es nuestro MISIÓN!*

*Juntos, no fallamos!*

# "¿Esta Bien?"

R



GRATIS sistema de computador por teléfono para refrenar a ciudadanos de mayor edad o individuos inhabilitado/confinado en hogar.

Proporcionado De La

Oficina Del Sheriff Del Condado  
De Kings

Tambien disponible en los ciudades de Corcoran, Hanford, y Lemoore.

### ¿Que es "¿Esta Bien?"

"¿Esta Bien?" es un servicio nuevo ofrecido por La Oficina Del Sheriff Del Condado De Kings. Sabemos que el Condado De Kings tiene muchos ciudadanos de edad y nosotros los queremos. Estamos feliz a ofrecer este nueva sistema de computador para refrenar la bienestarancia de cada ciudadano.

La Oficina Del Sheriff Del Condado De Kings conoce que muchos ciudadanos de edad viven solos y puede ser que no tienen familia viviendo en la localidad. No querremos reemplazar contacto con familia o amigos, simplemente querremos ofrecer una fuente adicional para asegurar que están bien cada día.

### Información General

Esta sistema está usada en excesivo de 183 pueblos y ciudades por todo los Estados Unidos y Canada. La sistema es capaz de hacer hasta 120 llamadas a la hora. La sistema "¿Esta Bien?" ha estado usado en el Condado De Kings desde enero 1997 y ha estado muy prospero.

### ¿Como Trabaja?

Usted, de miembro, escoge el tiempo que desea recibir la llamada. Usted recibirá la llamada al mismo tiempo cada día. Todo que necesita hacer es levantar el teléfono y escuchar el mensaje grabado de antemano. Usted no necesita hablar o responder y puede colgar el teléfono al tiempo que desea durante la mensaje. La computador asume que está bien si contesta el teléfono. Si caso usted está usando el teléfono o si no tuvo bastante tiempo a contestar, haremos dos mas tentativas. Si toda las tentativas fallan, resultada en una alerta y su persona de contacta emergencia está notificada para comprobar que está bien. Si la persona no esta disponible, un oficial estará mandado a su domicilio para refrenar si está bien.

### ¿Que pasa durante mi vacación?

Usted de miembro, puede llamar cuando no va está en su casa. Simplemente avisa a el centro de despacho las días que no va está en su casa y las llamadas estarán paradas temporario. Cuando regresar a su casa, llama a el centro de despacho y las llamadas comenzaran otra vez.

### Puedo hacer cambios?

Sí. Si usted decide que no le gusta el tiempo que escojo o necesita cambia información, no mas llame a el centro de despacho y ellos estarán alegre a darles ayuda.

### ¿Que si no mi gusta?

Despues que comenza la programa, estamos seguro que lo hallara confortante y sin batalla. Si usted decide que la programa no es lo que quiere o necesita, por favor llame a el centro de despacho y pide que lo quiten de la programa.

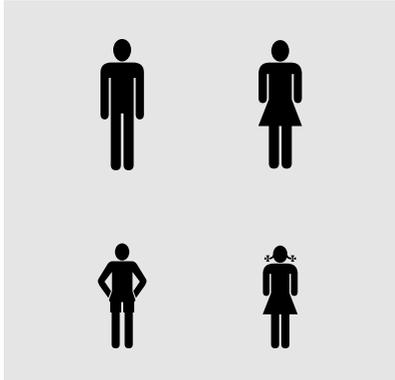
### ¿Como alisto?

Si usted vive en el Condado De Kings y desea alistar en esta programa, llame a el centro de despacho a 582-3211 ext. 2720 y estarán feliz a alistarlos.

Si usted vive en la ciudad de Avenal, por favor llame a la Oficina Del Sheriff Del Condado De Kings Subcentral De Avenal a 386-5361 durante horas de negocio normal para alistar.

Para alistar en el "¿Esta Bien?" programa llame el numero para su area y conteste unas preguntas. En verdad es tan facil. Hay un cuestionario de una pagina que

# List of Target Populations



1. Older Adults (age 65+ years)
  2. Young Children (age less than 1 year)
  3. People who work outdoors
  4. Mental Health Patients
  5. People with certain existing health conditions or are medically compromised
  6. People who are overweight
7. People taking certain medications
  8. People who live in top floors of buildings with no air conditioning
  9. People who participate in strenuous outdoor activities
  10. People under the influence of drugs or alcohol
  11. The homeless
  12. People who are socially isolated
  13. People with mobility restrictions or mental impairments
  14. California State OES list also includes:
    - Small children under 5 years
    - Women who are pregnant
    - Persons who are bedridden
    - Persons with cognitive disorders
    - Persons requiring life-saving medications

## Sources:

- Public Health Impacts of Climate Change in California: Community Vulnerability Assessments and Adaptation Strategies;
- Report No. 1: Heat-Related Illness and Mortality – produced by Climate Change Public Health Impacts Assessment and Response Collaborative

## List of Medical Conditions that increase risk



1. Heart Disease
2. Obesity
3. Diabetes
4. Depression
5. Insomnia
6. Chronic Illness
7. Mental Impairment
8. High Blood Pressure
9. Multiple Sclerosis

### Sources:

- US EPA-Ageing Initiative Publication Number: EPA 100-F-07-025
- 8 – From California Office of Emergency Services

## List of Medications that increase risk



1. Allergy Medications – Anti-histamines
2. Cough & Cold Medications – Anticholinergics
3. Blood Pressure Medications & Heart Medications – Alpha andrenergics, pseudoephedrine, Beta Blockers, Calcium Channel Blockers
4. Prostate Medications
5. Alpha & Beta Blockers
6. Calcium Channel Blockers
7. Diuretics
8. Diet Pills – Amphetamines
9. Laxatives
10. Medications for Depression
11. Medications for Insomnia
12. From: family doctor.org
  - Irritable Bladder & Irritable Bowel Medicines
  - Medications for Mental Health Patients – benzodiazepines, neuroleptics, tricyclic antidepressants
  - Seizure Medicines – anticonvulsants
  - Thyroid Medications
  - Water Pills

1-11 Sources:

Public Health Impacts of Climate Change in California: Community Vulnerability Assessments and Adaptation Strategies; Report No. 1: Heat-Related Illness and Mortality – produced by Climate Change Public Health Impacts Assessment and Response Collaborative California OES

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Perry Rickard  
Director of Public Health

Michael L. Mac Lean, M.D., M.S.  
Health Officer



**COUNTY OF KINGS**

**DEPARTMENT OF PUBLIC HEALTH**

330 Campus Drive - Hanford, California 93230  
Telephone: (559) 584-1401 Fax: (559) 582-7618

Re: Heat Injury Prevention

Dear Colleagues,

The two week heat wave of 2006 caused 140 deaths in California. There's little doubt that the actual number of heat related deaths were much higher. Almost all of the deaths occurred in people over age 50 and in those with various chronic medical conditions. Heat related deaths are preventable. Working with a number of community partners the health department has produced The County Extreme Heat Emergency Plan. You can view the plan on line at <http://www.countyofkings.com/Health/index.html>. You and your office can be of great help in helping your patients prevent heat injury.

Time permitting, you can counsel your patients at risk for heat injury and encourage them to adopt preventive practices. I've enclosed a brochure with some recommended interventions. I would appreciate your making the brochures available through your office. If you find that you need more brochures, they can be obtained by calling Luann at 559-582-3211 x 2605.

I've also enclosed some brochures regarding the County Sheriff's Are You Ok? Program. Socially isolated elders have been found to be at increased risk for heat illness.

If you can think of other ways we might prevent heat injury in older, sick people, please give me a call. Other comments or concerns regarding our plan are welcome. We see the plan as a work in progress.

Sincerely,

Michael Mac Lean, M.D.  
Health Officer

**GUIDE TO COOL PLACES TO GO TO BEAT THE HEAT**  
**PLEASE CALL AHEAD FOR HOURS OF OPERATION**

**ARMONA**

**ARMONA SENIOR CENTER**

10953 14<sup>th</sup> Ave 852-4809

**ARMONA COMMUNITY LIBRARY**

11115 "C" St 583-5005

**AVENAL**

**AVENAL BRANCH LIBRARY**

501 E Kings 386-5741

**CORCORAN**

**CORCORAN BRANCH LIBRARY**

1001-A Chittenden 992-3314

**HANFORD**

**HANFORD MALL**

1675 W Lacey Blvd 583-1200

**HANFORD BRANCH LIBRARY**

401 N Douty St 582-0261

**SALVATION ARMY**

380 East Ivy Street 582-4434

**KETTLEMAN CITY**

**KC BRANCH LIBRARY**

106 Becky Pease 386-9804

**LEMOORE**

**LEMOORE BRANCH LIBRARY**

457 "C" St 924-2188

**STRATFORD**

**STRATFORD BRANCH LIBRARY**

20300 Main St. 947-3003

**CALL FOR A RIDE**

**KART – KINGS AREA RURAL TRANSIT**

Dial-A-Ride 584-0101

**KINGS CAB TAXI 924-1515**

**LEMOORE TAXI CAB 924-4440**

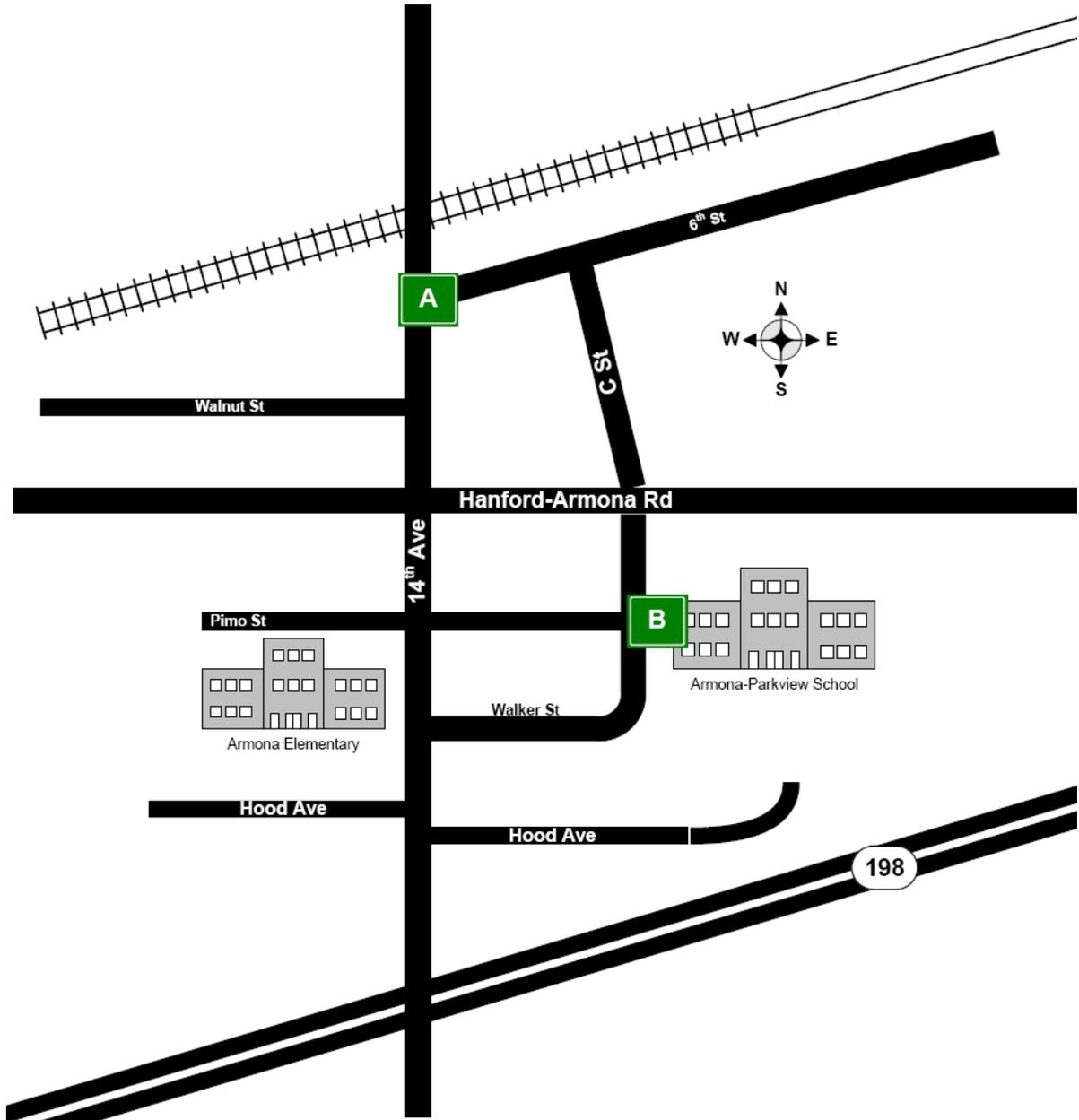
469-2991-Spanish

**MARATHON CAB 582-6222**

**MENDEZ BROTHERS TAXICAB SERVICE**

924-1222

# ARMONA Cool Places



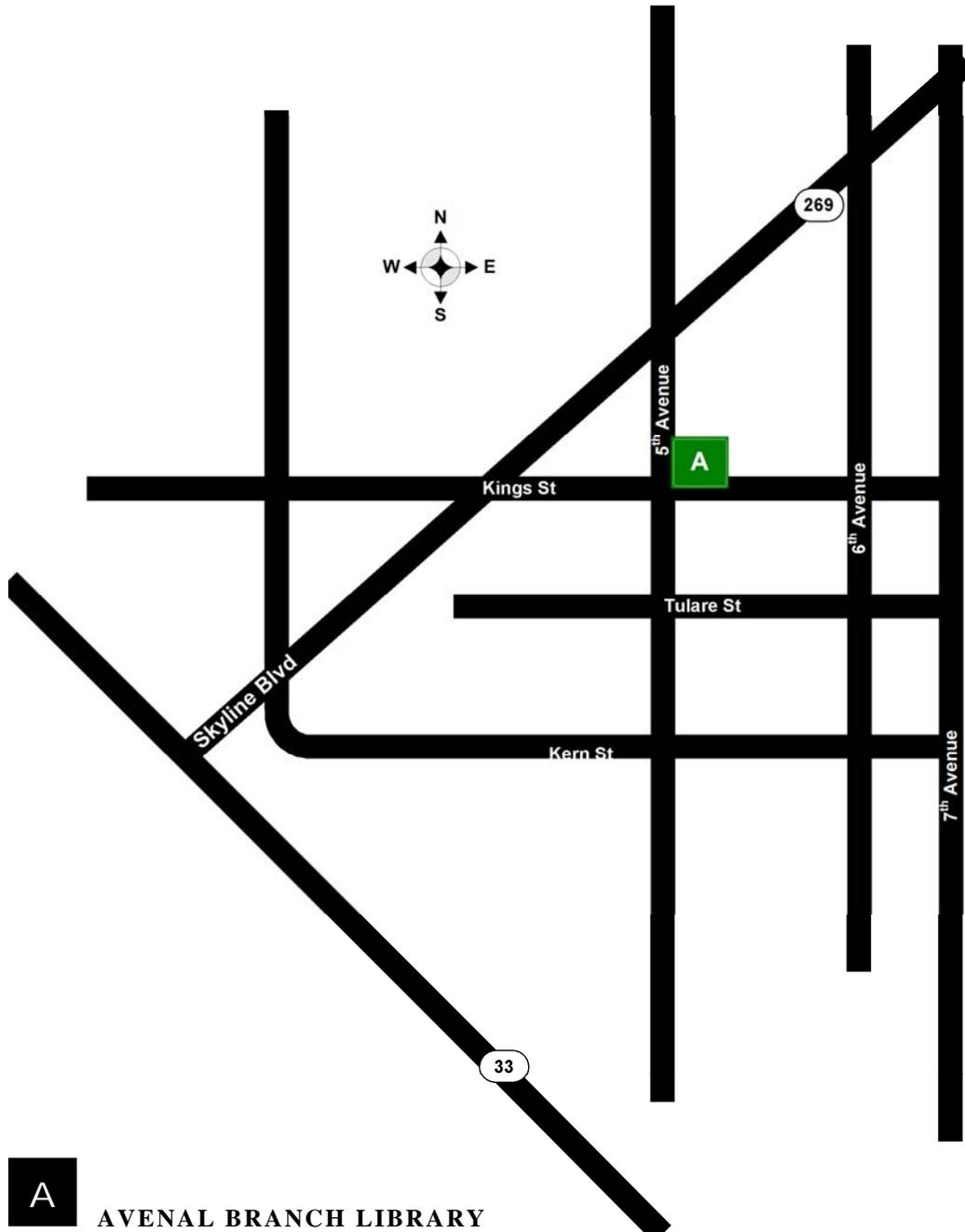
**A** ARMONA SENIOR CENTER

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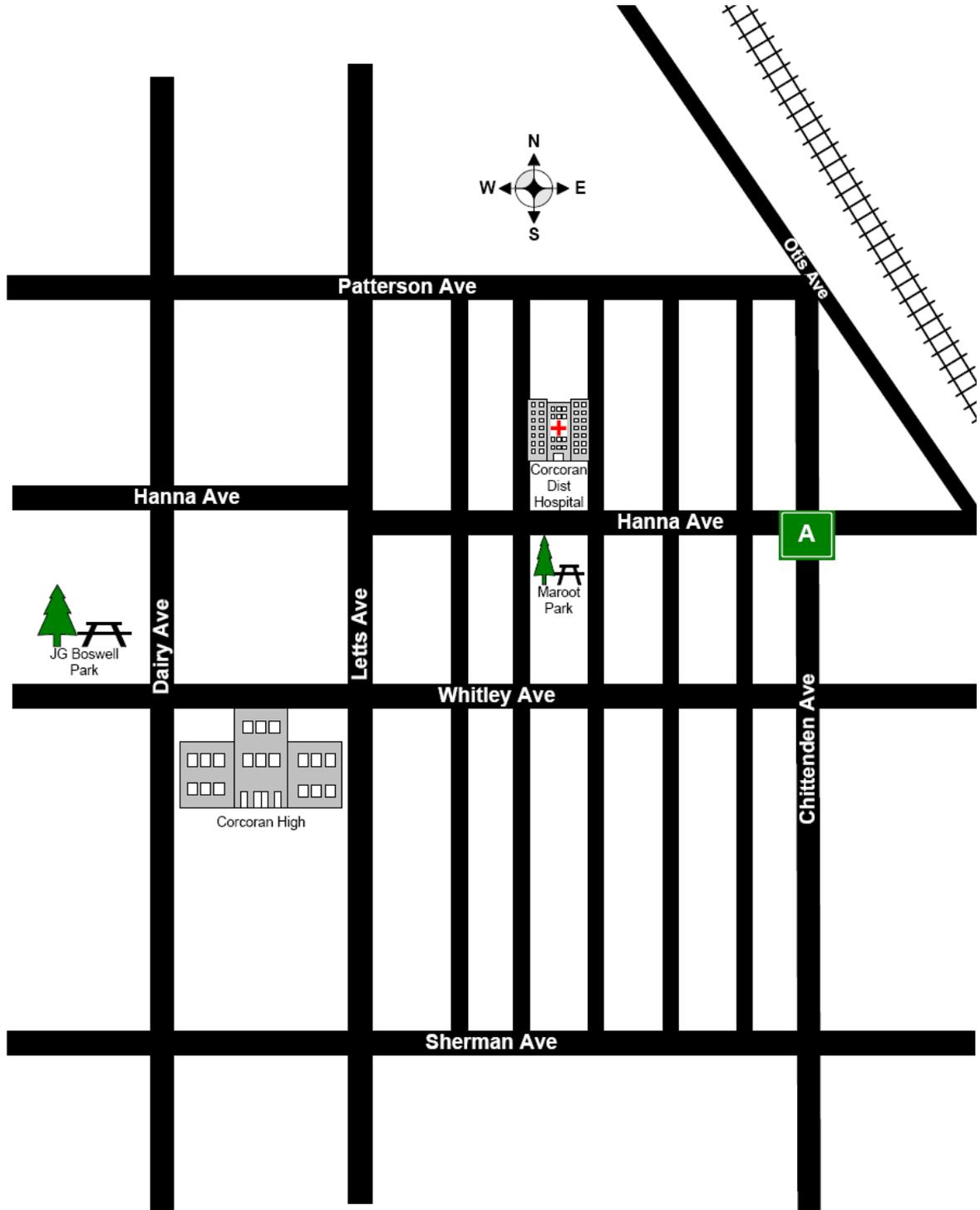
**B** ARMONA COMMUNITY LIBRARY

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# AVENAL Cool Places



# CORCORAN Cool Places

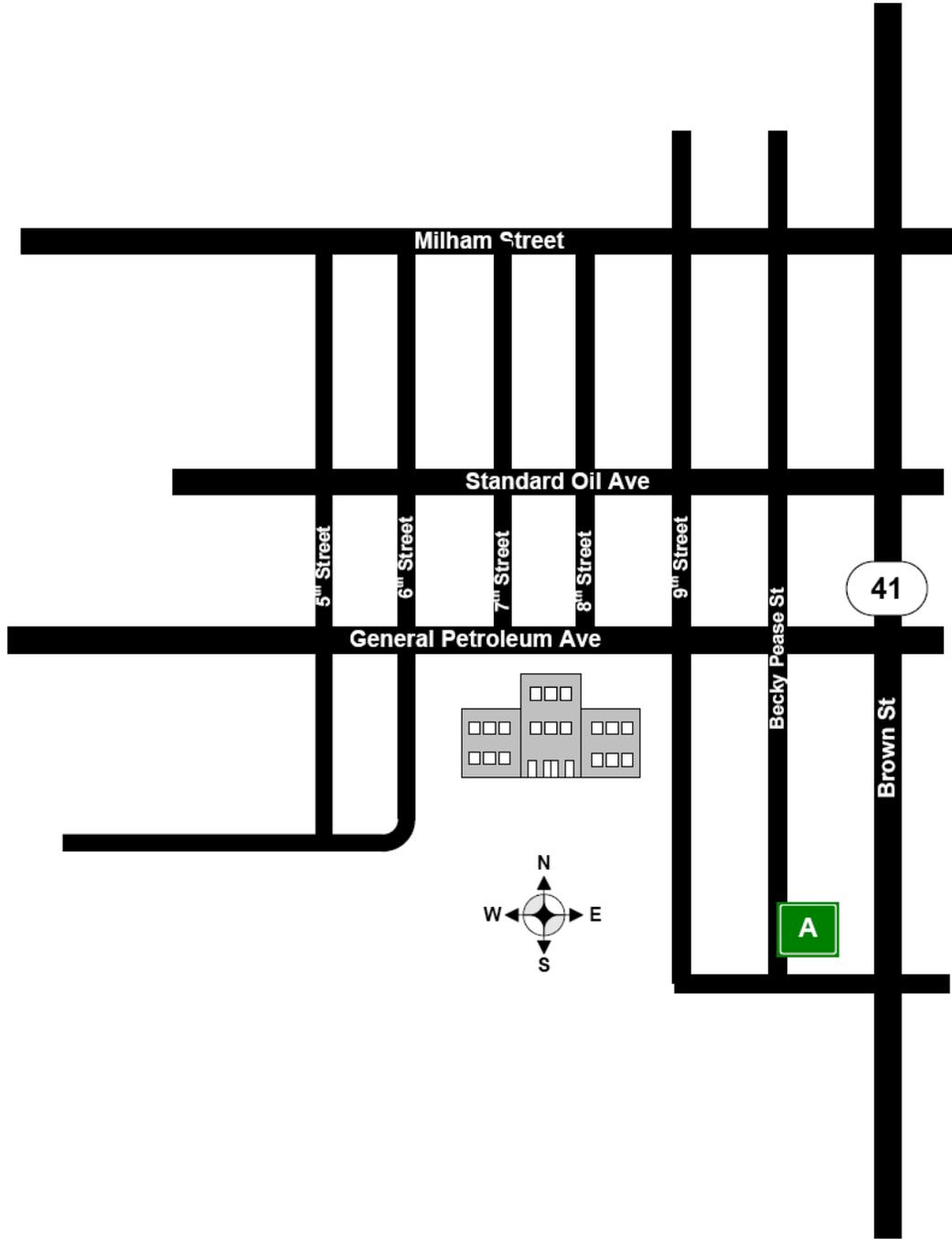


A

CORCORAN BRANCH LIBRARY

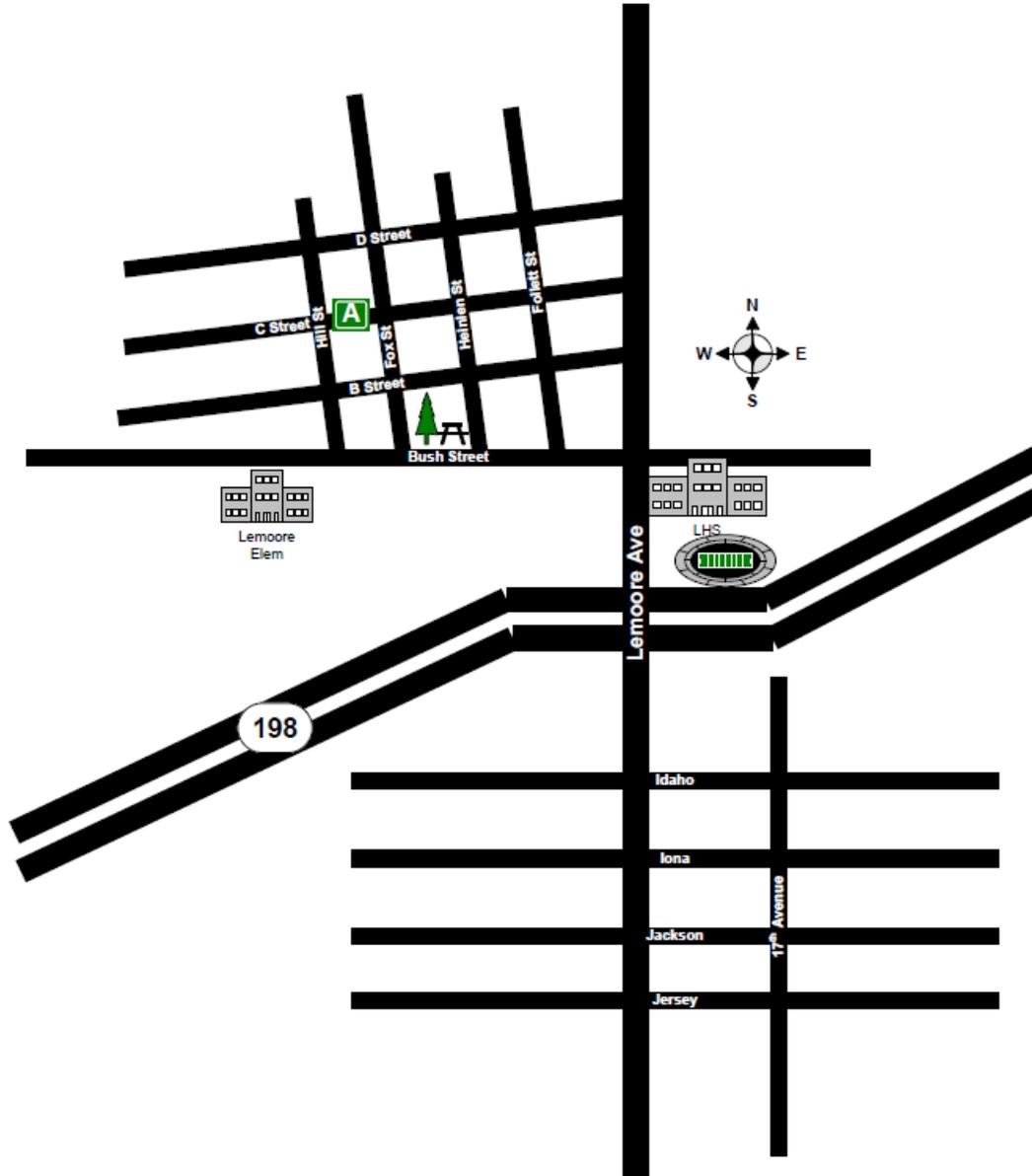


# KETTLEMAN CITY Cool Places



KETTLEMAN CITY BRANCH LIBRARY

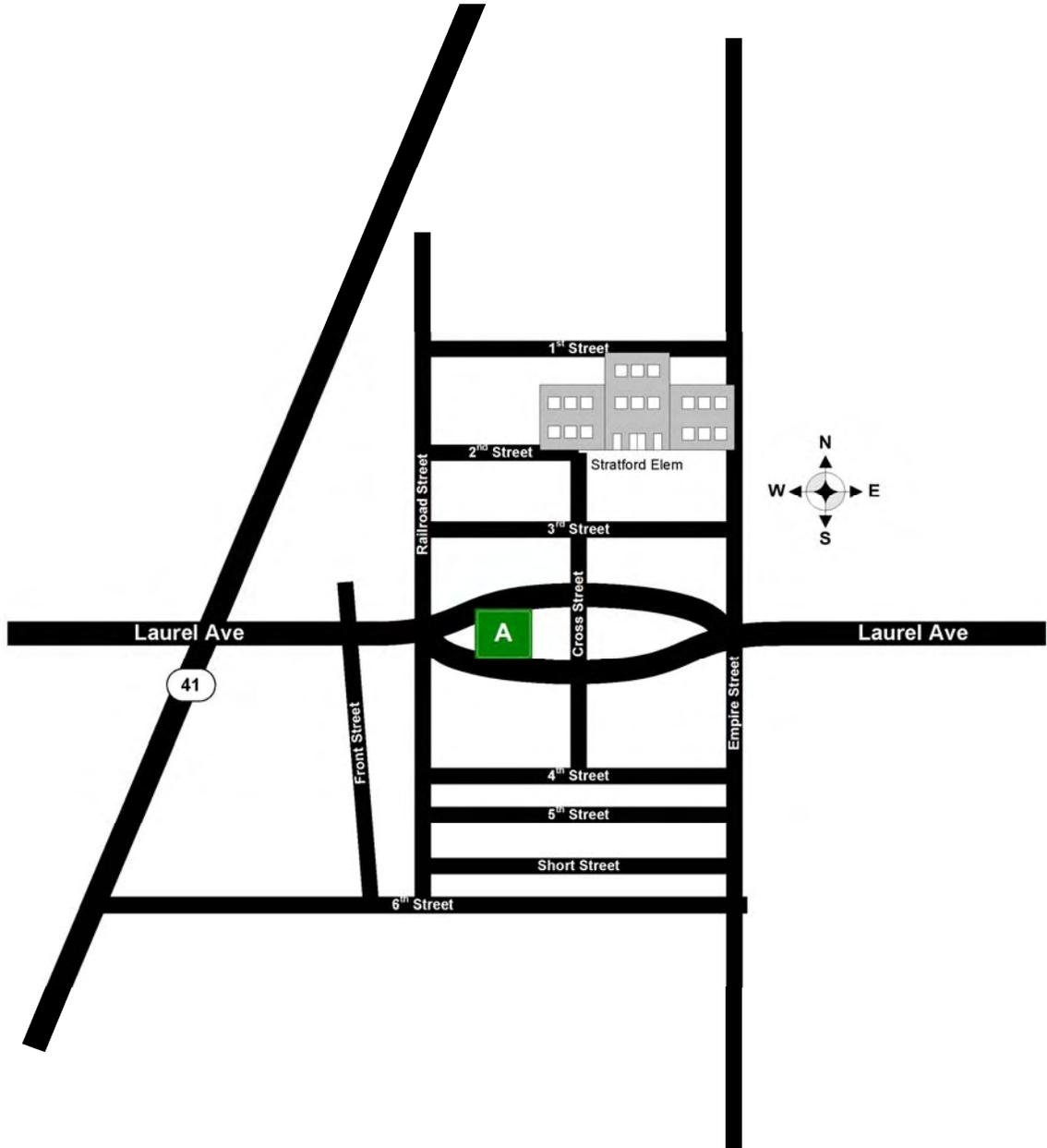
# LEMOORE Cool Places



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LEMOORE BRANCH LIBRARY

# STRATFORD Cool Places



STRATFORD BRANCH LIBRARY

## Guide to **MEDIA OUTLETS TO DISTRIBUTE HEAT INFORMATION**

### NEWSPAPERS

|                  |   |                                    |
|------------------|---|------------------------------------|
| AVENAL CHIMES    | 820 SKYLINE BLVD<br>PHONE: (559)386-0885<br>FAX: (559) 386-2820 or (559) 386-0888 (call first)<br>EMAIL: <a href="mailto:avenalchimes@sbcglobal.net">avenalchimes@sbcglobal.net</a> | AVENAL, CA 93204<br>CHERYLE TAYLOR |
| CORCORAN JOURNAL | 1012 HALE, PO BOX 487<br>PHONE: (559) 992-3115<br>FAX: (559) 992-5543<br>EMAIL:   | CORCORAN, CA 93212<br>TINA BORTEL  |
| HANFORD SENTINEL | 300 W 6 <sup>TH</sup> ST, PO BOX 9<br>PHONE: (559) 582-0471<br>FAX: (559) 587-1876<br>EMAIL: <a href="mailto:jearnest@hanfordsentinel.com">jearnest@hanfordsentinel.com</a>         | HANFORD, CA 93230<br>JOHN EARNEST  |
| LEMOORE ADVANCE  | 339 W D ST, PO BOX 547<br>PHONE: (559) 924-5361<br>FAX: (559) 924-6620<br>EMAIL: <a href="mailto:thelemooreadvance.com">thelemooreadvance.com</a>                                   | LEMOORE, CA 93245<br>JUDY/TINA     |

### NEWSPAPERS OUTSIDE KINGS COUNTY

|                                 |   |                   |
|---------------------------------|---|-------------------|
| THE FRESNO BEE<br>-SOUTH VALLEY | PHONE: (559)<br>FAX: (559) 733-8211<br>EMAIL: <a href="mailto:Fresno.Bee.com">Fresno.Bee.com</a>  | FRESNO, CA        |
| VISALIA TIMES DELTA             | 330 N WEST<br>PHONE: (559) 735-2000<br>FAX: (559) 735-3399<br>EMAIL: <a href="mailto:news@visaliatimesdelta.com">news@visaliatimesdelta.com</a> | VISALIA, CA 93277 |

### RADIO

|   |  |                   |
|---|--|-------------------|
| KJUG 106.7-FM &<br>Z104.9-FM NONSTOP HITS | 1401 W CALDWELL<br>PHONE #: (559) 553-1500<br>FAX #: (559) 627-1496<br>EMAIL: <a href="mailto:studio@kjug.com">studio@kjug.com</a>                                       | VISALIA, CA 93277 |
| KIGS AM-620                               | 6165 LACEY BLVD<br>PHONE #: (559) 688-2017<br>FAX #: (559)<br>EMAIL:   | HANFORD, CA 93290 |
| KMQA 100.5-FM<br>LA MAQUINA MUSICA        | 1450 E BARDSLEY AVE<br>PHONE #: (559) 687-3170<br>FAX #: (559) 687-3176<br>EMAIL: <a href="mailto:ymartinez@lunacommunications.net">ymartinez@lunacommunications.net</a> | FRESNO, CA        |

Guide to **MEDIA OUTLETS TO DISTRIBUTE HEAT INFORMATION**

KZPO-KINGS RADIO

1830 S MOONEY BLVD VISALIA, CA 93277

PHONE #: (559) 624-0366

FAX #: (559)

EMAIL: [kingsradio@aol.com](mailto:kingsradio@aol.com)

PORTUGUESE RADIO  
BROADCASTING

1366 N 10<sup>TH</sup> AVENUE HANFORD, CA 93230

PHONE #: (559) 584-5572

FAX #: (559) 584-6386

EMAIL:

KUFW RADIO  
CAMPESINA

3106 S MOONEY BLVD VISALIA, CA 93277

PHONE #: (559) 622-9401

FAX #: (559) 622-9521

EMAIL: [jerome.miranda@campesina.com](mailto:jerome.miranda@campesina.com)

PERRY RICKARD  
Director of Public Health

MICHAEL MAC LEAN, M.D., M.S.  
Health Officer



**COUNTY OF KINGS**

**DEPARTMENT OF PUBLIC HEALTH**

330 Campus Drive - Hanford, California 93230  
Telephone: (559) 584-1401 Fax: (559) 582-0927

## **NEWS RELEASE**

**Contact:**

**Keith Winkler – 559-584-1411**

**FOR IMMEDIATE RELEASE**

**May 22, 2008**

### **BE PREPARED FOR THE HEAT**

HANFORD - The Kings County Health Department reminded residents today that summer's hot temperatures are just ahead. People living in Kings County are very familiar with the San Joaquin Valley's typical hot dry summer weather and most people adapt to the heat within a couple of weeks. The proliferation of air conditioning in homes, schools, businesses and vehicles has certainly made the heat much more bearable than what previous generations had to endure.

High temperatures of 100° F to 104° F are common here and rarely cause health problems, especially given the usual low humidity in the Valley. However, extreme heat with temperatures much above 105° F can be life-threatening. Kings County Health Officer Dr. Michael Mac Lean, stated that in the last ten years, heat waves have resulted in more weather-related fatalities in the U.S. annually than any other natural disaster (about 400 deaths per year). Global climate change may increase the risk to human health due to heat. July 2006 was the second hottest July on record. The National Weather Service reported that temperatures exceeded 110° F in Hanford on four consecutive days that month. That July heat wave resulted in the deaths of at least 140 people in California. Dr. Mac Lean emphasized that these deaths could have been prevented.

Kings County has just adopted an Extreme Heat Emergency Plan. The plan includes a list of cool places in each community – air conditioned locations willing to accept people trying to avoid extreme heat. It includes guidelines for Kings County to declare a local heat emergency when daytime temperatures are predicted to exceed 105° F for at least two days and not drop below 80° F at night. When activated, the plan would inform residents

about the locations of cool places they can go to and recommend curtailment of outdoor activities when possible.

Dr. Mac Lean pointed out that some people are especially susceptible to the effects of heat, including people over 65 years of age, very young children less than a year old, people doing outside work or participating in outdoor sports, overweight persons, and people with certain medical conditions or who are taking certain medications. To avoid heat-related illness during extreme heat waves, individuals are urged to take the following precautions:

- Use your air conditioner at least four hours a day or visit air conditioned buildings.
- Take cool showers.
- Run fans with a mist.
- Open your windows for a few hours in the evening when the temperature cools down.
- Drink water – at least three to four quarts a day. Don't rely on your thirst to tell you when to drink.
- Wear cool, light-colored clothing.
- Go for a swim.
- Ask your health care provider if your medications or health conditions increase your risk to excessive heat.

# NWS San Joaquin Valley

## Heat Index

(apparent temperature)



Temperature (F)

|     |     | Relative Humidity (%) |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
|-----|-----|-----------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
|     |     | 0                     | 5   | 10  | 15  | 20  | 25  | 30  | 35  | 40  | 45  | 50  | 55  | 60  | 65  | 70  | 75  | 80  | 85  | 90  | 95  | 100 |
| 122 | 107 | 112                   | 119 | 126 | 135 | 143 |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 119 | 106 | 109                   | 115 | 121 | 128 | 136 |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 116 | 104 | 107                   | 112 | 117 | 123 | 130 | 138 | 146 |     |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 113 | 102 | 105                   | 109 | 112 | 116 | 123 | 129 | 137 | 145 |     |     |     |     |     |     |     |     |     |     |     |     |     |
| 110 | 99  | 102                   | 105 | 108 | 112 | 117 | 123 | 130 | 137 | 143 | 152 |     |     |     |     |     |     |     |     |     |     |     |
| 107 | 96  | 99                    | 101 | 104 | 107 | 112 | 117 | 122 | 128 | 134 | 141 |     |     |     |     |     |     |     |     |     |     |     |
| 104 | 94  | 96                    | 99  | 101 | 104 | 107 | 111 | 115 | 120 | 126 | 132 | 138 | 144 |     |     |     |     |     |     |     |     |     |
| 101 | 92  | 94                    | 97  | 98  | 100 | 102 | 105 | 109 | 113 | 118 | 123 | 130 | 135 |     |     |     |     |     |     |     |     |     |
| 98  | 89  | 91                    | 93  | 94  | 95  | 98  | 100 | 103 | 106 | 109 | 113 | 118 | 123 | 130 | 137 |     |     |     |     |     |     |     |
| 95  | 87  | 88                    | 90  | 91  | 92  | 93  | 95  | 98  | 99  | 103 | 106 | 110 | 114 | 119 | 124 | 130 | 136 |     |     |     |     |     |
| 92  | 85  | 85                    | 87  | 88  | 88  | 89  | 90  | 92  | 94  | 97  | 99  | 102 | 105 | 108 | 113 | 117 | 122 | 127 | 131 |     |     |     |
| 89  | 82  | 83                    | 84  | 84  | 85  | 86  | 87  | 88  | 89  | 91  | 93  | 95  | 97  | 100 | 103 | 106 | 110 | 114 | 118 | 122 | 126 |     |
| 86  | 79  | 80                    | 82  | 82  | 83  | 83  | 84  | 85  | 85  | 87  | 88  | 90  | 92  | 94  | 96  | 97  | 100 | 103 | 105 | 108 | 112 |     |
| 83  | 76  | 77                    | 78  | 79  | 80  | 81  | 81  | 82  | 82  | 83  | 84  | 85  | 86  | 88  | 89  | 91  | 94  | 95  | 96  | 99  | 103 |     |
| 80  | 73  | 74                    | 75  | 76  | 77  | 77  | 78  | 79  | 79  | 80  | 81  | 81  | 82  | 83  | 85  | 86  | 86  | 87  | 88  | 89  | 91  |     |
| 77  | 71  | 71                    | 72  | 73  | 74  | 74  | 75  | 75  | 76  | 77  | 77  | 78  | 79  | 79  | 80  | 81  | 82  | 83  | 84  | 84  | 85  |     |

**Heat Index/Heat Disorders: possible heat disorders for people in higher risk groups**  
**HEAT INDEX 90 to 104**, sunstroke, heat cramps, and heat exhaustion possible  
**HEAT INDEX 105 to 129**, sunstroke, heat cramps, and heat exhaustion likely; heat stroke possible  
**HEAT INDEX > 129**, heat stroke or sunstroke likely with continued exposure  
*Important: Since HI values were devised for shady, light wind conditions, exposure to full sunshine can increase HI values by up to 15°F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.*

| <b>Temperatures</b>   |  |
|---|--|
| <b>Freeze Warning</b><br>(Issued up to 36 hrs in advance of an event)       | When either of the following criteria are expected to be widespread:<br><br>Minimum temperatures below 28°F; or<br><br>All or nearly all dew point temperatures are expected to be below 30°F.   |
| <b>Frost Advisory</b><br>(Issued up to 36 hrs in advance of an event)       | When both of the following criteria are expected:<br><br>Minimum temperatures between 28°F and 32°F; and<br><br>Dew point temperatures are at or above 30°F at the time of the forecast.   |
| <b>Freeze Watch</b><br>(Issued 36-48 hrs in advance of an event)            | Issued to give advance notice of the possibility of freezing temperatures. Criteria match those of a Freeze Warning.   |
| <b>Freeze Outlook</b><br>(Issued 3-7 days in advance of an event)           | Issued to give more advance notice of the possibility of freezing temperatures. Criteria match those of a Freeze Warning.  |
| <b>Heat Advisory</b><br>(Issued 0-36 hrs in advance of an event)            | When the following is expected across a significant portion of the affected Zone:<br><br>Heat Index $\geq$ 110°F or greater for at least 2 hours; <b>OR</b> ,<br>Heat Index $\geq$ 80°F all night  |
| <b>Excessive Heat Warning</b><br>(Issued 0-36 hrs in advance of an event)   | When the following is expected across a significant portion of the affected Zone for at least 2 consecutive days:<br><br>Heat Index $\geq$ 110°F or greater for at least 2 hours; <b>AND</b> ,<br>Heat Index $\geq$ 80°F all night   |
| <b>Excessive Heat Watch</b><br>(Issued 36-48 hours in advance of an event.) | Issued to give advance notice of the possibility of excessively hot conditions. Criteria match those of an Excessive Heat Warning. (The potential for Heat Advisory conditions should be covered in a Special Weather Statement, using the SPSHNX AWIPS header.)           |
| <b>Excessive Heat Outlook</b><br>(Issued 3-7 days in advance of an event.)  | Issued to give more advance notice of the possibility of excessively hot conditions. Criteria match those of an Excessive Heat Warning. (The potential for Heat Advisory conditions should be covered in a Special Weather Statement, also using the SPSHNX AWIPS header.) |

| <b>Fog</b>  |  |
|---|--|
| <b>Dense Fog Advisory</b><br>(Issued up to 36 hrs in advance of an event) | Visibilities 1/8 <sup>th</sup> mile or less expected or occurring over a significant or critical portion of the advisory area. |

| <b>Air Quality</b>  |  |
|---|--|
| <b>Air Stagnation Advisory</b><br>(Issued to match effective time of valley air district Health Advisory) | Issued when the valley air district has declared a Health Advisory and no other advisory, watch, or warning is already in place. |

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**GUIDE TO PLACES WITH BACK-UP GENERATORS AVAILABLE FOR PEOPLE  
TO GO TO BEAT THE HEAT WHEN THE POWER IS OUT**

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**HANFORD**

**KINGS COUNTY GOVERNMENT CENTER**

1400 West Lacey Blvd

1-800-649-5399

**LEMOORE**

**TACHI PALACE**

17225 Jersey Ave

1-866-4-PALACE  
924-7751