CPH Warns Against Gatherings And Triple Digit Heat

Calaveras Public Health is warning residents about triple-digit heat and against gatherings to prevent the spread of COVID-19. Health Officer Dr. Dean Kelaita has issued a heat advisory due to the triple digits being forecasted into Tuesday of next week. He adds that while heat related deaths and illness are preventable, more than 600 Americans are killed by extreme heat every year. The warning signs of heat illness include heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness, and fainting. Kelaita reminds us to drink plenty of water…stay cool, stay indoors…wear light clothing and sunscreen outdoors…plan outdoor activities for the cooler part of the day…pace yourself and stay in touch with loved ones and neighbors daily. With this being a holiday weekend, Kelaita also urges people to practice physical distancing, wear a face covering, get tested, wash your hands often, and stay home if you are sick. Dr. Kelaita adds, “It’s also best to avoid gatherings with people you don’t live with. All of these measures can add up and help slow the spread.”

