



TRINITY COUNTY HEALTH AND HUMAN SERVICES

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PRESS RELEASE

FOR IMMEDIATE RELEASE

Date: July 2, 2024

Excessive Heat Warning Issued for Trinity County

Trinity County - The National Weather Service (NWS) has issued an Excessive Heat Warning for Trinity County from Wednesday, July 3rd at 11:00 AM to Saturday, July 6th at 8:00 PM. Dangerously hot conditions with temperatures up to 115°F are expected. Extreme heat will significantly increase the potential for heat related illnesses, particularly for those working or participating in outdoor activities.

Trinity County Health and Human Services and Office of Emergency Services recommends these tips to stay cool and safe:

- Stay hydrated by drinking plenty of fluids even if you don't feel thirsty;
- Stay in a cool indoor place during the hottest times of day such as at home or a public place with air conditioning like a library or community center;
- Reschedule strenuous activities for cooler times of day like the morning or evening;
- Take frequent breaks in shaded or air-conditioned environments;
- Wear lightweight and loose-fitting clothing;
- Wear sunscreen
- Do not leave children or pets unattended in a vehicle.
- Know the signs and symptoms of [heat related illness](#) and how to treat them.

There are no Cooling Centers open at this time. When a Cooling Center is opened, information will be provided via press release sent to local media (TV, newspaper, radio, etc.), on Facebook at [@TrinityCoOES](#) and [@TrinityHHSD](#), and on the Trinity OES webpage at trinitycounty.org/oes.

Trinity County considers opening Cooling Centers when the daytime heat index (air temperature & humidity combined) is over 110°F and the nighttime heat index is over 80°F for two consecutive days. The current forecast projects a high daytime heat index of 107-115°F, nighttime heat index of 60-70°F with low overnight relative humidity. More information, including forecasts for temperature, heat index, and relative humidity can be found at weather.gov. For more information or to create an extreme heat plan, visit HeatReadyCA.com.

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Adult Services/IHSS
Public Guardian
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Fax: (530) 623-6628
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Child Welfare Services
PO Box 1470
Weaverville, CA96093
(530) 623-1314
Fax: (530) 623-1488
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CalWORKs
Eligibility/Employment
PO Box 1470
Weaverville, CA96093
(530) 623-1265
Fax: (530) 623-1250
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Public Health
PO Box 1470
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(530) 623-8209 or
1-800-766-6147
Fax: (530) 623-1297
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WIC
PO Box 1470
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(530) 623-3238
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