



VENTURA COUNTY

PUBLIC HEALTH

A Department of Ventura County Health Care Agency

Extreme Heat and Public Health

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Agenda



What is “extreme heat”?



How does heat affect our health?



Who is affected the most?



Resources and Recommendations (tips)



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What is “extreme heat”?

What causes an "extremely hot day"?

The heat index is **temperature** + **humidity**

Issued by the National Weather Service (NWS)

NOAA's National Weather Service

Heat Index

Temperature (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										

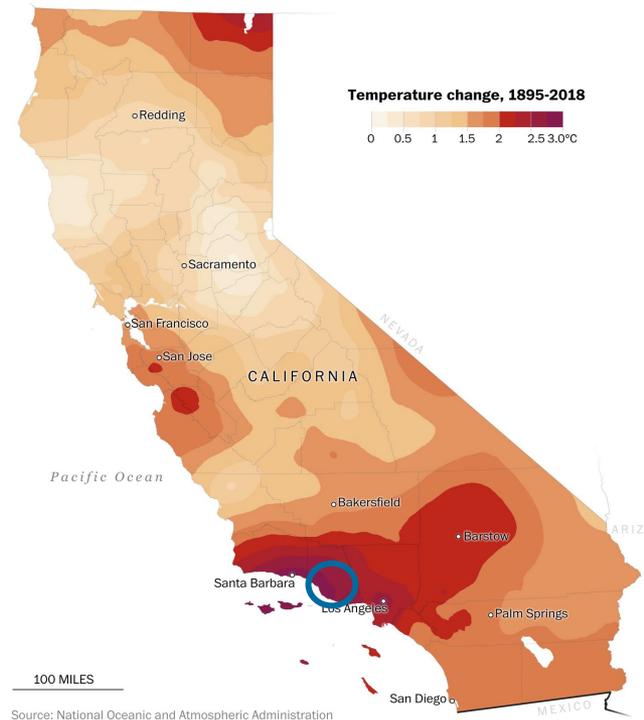
Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger



SUSTAINABILITY
DIVISION

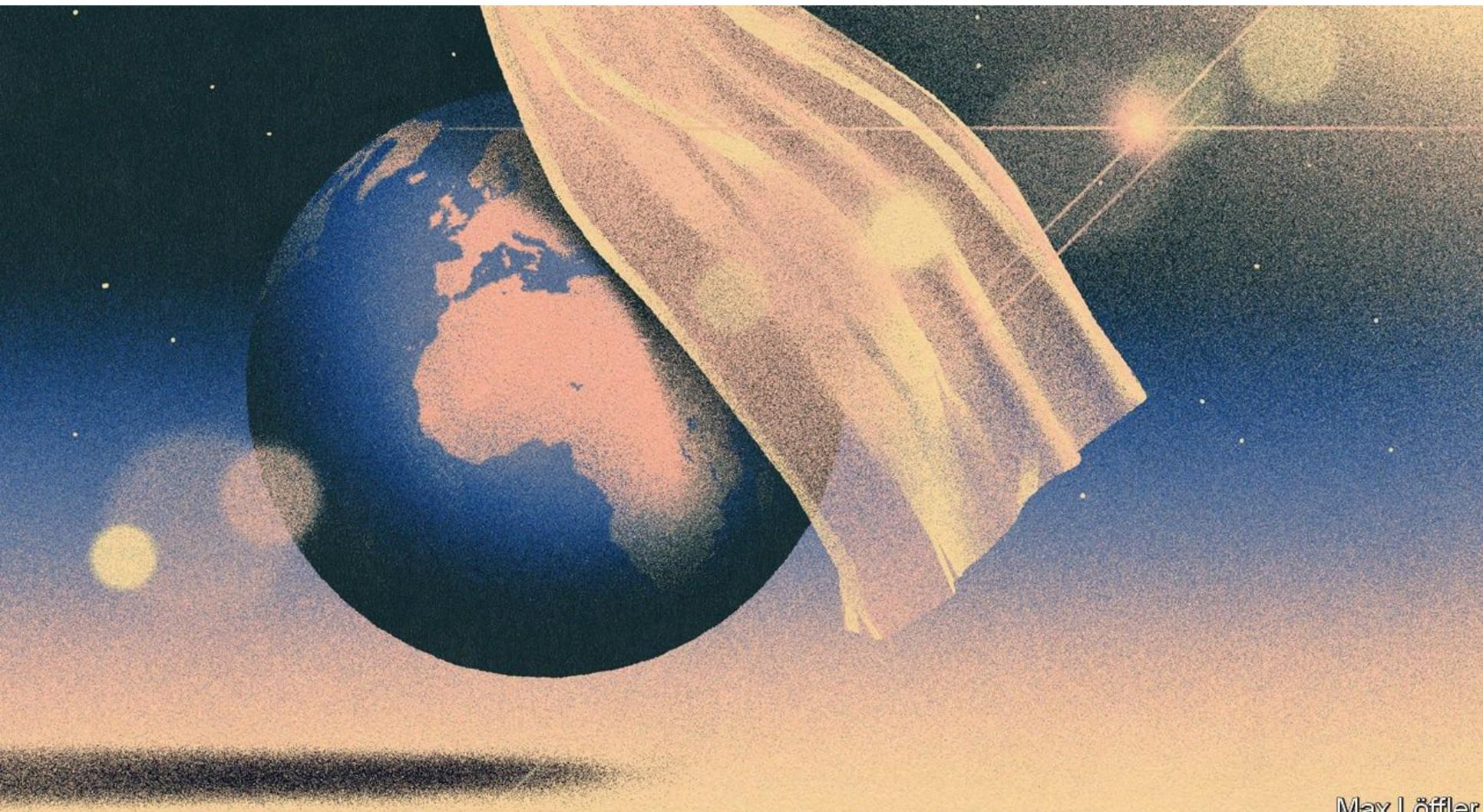
Ventura County is the fastest warming county



Climate Change



Global Warming



In July last year, the world had the highest temperature ever recorded





**Ventura County is the
fastest warming county in
the lower 48 states in the
United States**



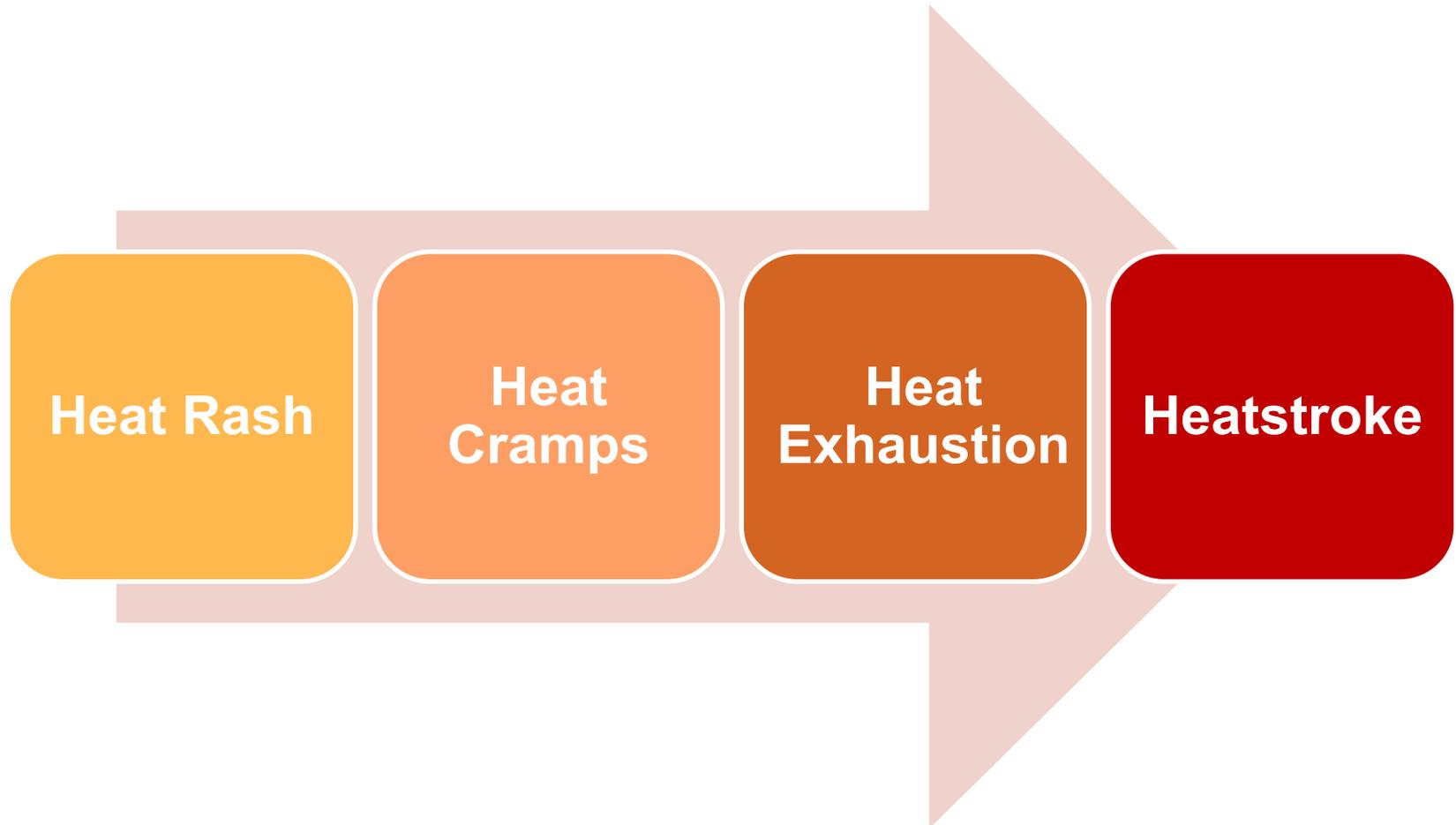
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How does heat affect our health?

Illnesses caused by extreme heat





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Extreme Heat:

Who is affected the most?

Extreme Heat-Who is affected the most?



People with disabilities

Extreme Heat-Who is affected the most?



People with
disabilities

The low
income
community

Extreme Heat-Who is affected the most?



People with
disabilities

The low
income
community

Housing
insecurity

Extreme Heat-Who is affected the most?



People with
disabilities

The low
income
community

Housing
insecurity

Young
children and
the elderly

Extreme Heat-Who is affected the most?



People with
disabilities

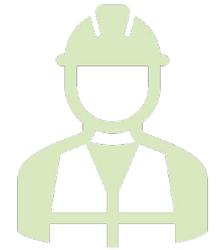
The low
income
community

Housing
insecurity

Young
children and
the elderly

Athletes

Extreme Heat-Who is affected the most?



People with disabilities

The low income community

Housing insecurity

Young children and the elderly

Athletes

Those who work outdoors

Construction and Agriculture

Agricultural workers and extreme heat

35

times more deaths than other professions



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Resources and Recommendations (tips)

Look for cooler conditions



If you have air conditioning, use it



Reduce physical activity when outside



Look for shade



Visit a cooling center

Cooling Centers in Ventura County

COOLING CENTERS

Accessible transportation service is available to all residents by appointment only. To request assistance, please call (805) 485-2319.

CAMARILLO

Camarillo Public Library:

4101 Las Posas Road, Camarillo 93010

Mon-Thu: 10:00 AM – 8:00 PM

Fri-Sun: 10:00 AM – 5:00 PM

(805) 388-5222

THOUSAND OAKS/NEWBURY PARK

Alex Fiore Teen Center

1375 E. Janss Road (Ages 12-17 Only)

School Holiday & Summer Hours

Mon-Thu: 11:00 AM – 9:00 PM

Fri-Sat: 11:00 AM – 10:00 PM



**Make sure your
neighbors and friends
are safe**

Reduce heat exposure



Wear light, light-colored and loose-fitting clothing



Avoid caffeine and alcohol



Take a cold shower or place a cold cloth on pulse points



Drink water

Gracias!



**If you have any questions, please contact
Paulina Nava at
(805) 981-5142 or
paulina.nava@ventura.org**

Resources

1. [Fossil Fuels & Health – C-CHANGE | Harvard T.H. Chan School of Public Health](#)
2. https://www.google.com/url?sa=i&url=https%3A%2F%2Fthefifthestate.com.au%2Fbusiness%2Fdeforestation-how-does-australia-fare-in-global-comparisons%2F&psig=AOvVaw1npx_ki_qI0kTv8F6_-rS&ust=1700584530698000&source=images&cd=vfe&opi=89978449&ved=0CBQQjhxaFwoTCLDLzpyB04IDFQAAAAAdAAAAABBP
3. [What is the Relationship Between Deforestation And Climate Change? | Rainforest Alliance \(rainforest-alliance.org\)](#)
4. [You can't take on climate change without tackling sprawl | Grist](#)
5. [How Climate Change Is Forcing Changes on the Farm - Seeker](#)
6. [Climate Change & Industry — The Conscious Challenge](#)
7. [Effects | Facts – Climate Change: Vital Signs of the Planet \(nasa.gov\)](#)
8. [Efectos | Datos – Climate Change: Vital Signs of the Planet \(nasa.gov\)](#)
9. [MRSC - Centering Equity in Climate Plans and Programs](#)
10. [Foundation for a Healthy St. Petersburg \(healthystpete.foundation\)](#)
11. [What Are the Social Determinants of Health? - Visible Network Labs](#)
12. [In a Segregated Chicago, Art Puts Environmental Racism on Display \(nrdc.org\)](#)
13. [Nos está respirando de frente, pero sólo a nosotrxs: sobre crisis climática y justicia ambiental - The Oxygen Project](#)
14. [Campaña #ApoyoEscazú busca contrarrestar desinformación | Servindi - Servicios de Comunicación Intercultural](#)
15. [Latino Climate Justice Framework | Blueprint for Advocacy \(greenlatinos.org\)](#)