



Yavapai County Community Health Services

Our Mission: "Yavapai County Community Health Services will provide leadership, information, and services that contribute to improving the health and well-being of Yavapai County residents."



Public Health
Prevent. Promote. Protect.

Health Advisory

For Immediate Release
Wednesday, June 20, 2012

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Heat Warning – The Verde Valley May Exceed 105 Degrees

The Verde Valley and other low-lying areas are expected to approach or even exceed 105 degrees this week. Temperatures this high can put people at risk for heat-related injuries or medical complications, especially if they're young, elderly, or have underlying medical conditions such as heart disease.

If you are not able to keep your residence cool, you should consider leaving your home for the day and staying with a friend, or head to a building that is air-conditioned until temperatures drop in the evening. Denny Foulk, the county's Emergency Manager, says "Everyone is encouraged to share this information with others and to check on their neighbors, especially those who are elderly and live alone."

Community cooling centers will be opened as needed by the Red Cross. If help is needed in locating a cooling center, call Yavapai County Community Health Services at 713-9424. Those who have to work outdoors should drink plenty of fluids, take advantage of shade and take rest breaks.

If you are living with a health condition like heart disease, diabetes, arthritis, fibromyalgia or any health problem that doesn't go away, the Healthy Living Program offered free of charge, can help. This six week workshop supports individuals learning to manage the symptoms and problems associated with their conditions. Each week participants solve problems, set goals and cover topics including: managing medications, healthy eating, physical activity, and communicating with family and health professionals. The program is free of charge and workshops are facilitated by trained leaders who often have chronic conditions themselves. Upcoming workshops in Yavapai County include:

Cottonwood Recreation Center: Located at 150 South 6th Street, Cottonwood

- Fridays, beginning July 13th, from: 9:30a.m. – 12:00pm

-Information session offered June 29th, 9a.m. – 10:00a.m. Come and hear about the workshop before registering.

To register for a workshop in your area, or for information on how to become a Healthy Living facilitator, please contact Virginia Rodriguez by phone at 928-771-3122 ex. 5480 in Prescott and 928-634-6822 ex. 5480 in the Verde Valley or e-mail virginia.rodriguez@yavapai.us. Space is limited.

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For more information about this or any of the Yavapai County Community Health Services, please contact David McAtee at 928-442-5509 or email David.McAtee@yavapai.us. www.YavapaiHealth.com

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