



FOR IMMEDIATE RELEASE

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2017 – PREPAREDNESS Staying Safe Through the Summer

As the historic Sierra snowpack continues to melt and create swift moving local waterways, residents and visitors are reminded that the Owens River will continue to pose a significant safety threat due to fast currents and debris. This summer safer waterways are suggested for cooling off; Diaz Lake, Klondike Lake, and Millpond.

Extreme water spreading throughout the Owens Valley has dramatically increased the amount of mosquitoes. While officials continue to aggressively treat mosquito breeding areas, the public is also reminded that there are simple tips that can help avoid bites. Protect yourself by wearing long pants and long sleeved shirts when you are outside particularly in the morning and evening hours. Use EPA registered insect repellents with any of these active ingredients: DEET, Picaridin, Oil of Lemmon Eucalyptus (OLE) or para-menthane-diol (PMD), or 2 undecanone. Remove standing water on your property where mosquitoes could lay eggs; consider doing a mosquito elimination sweep of your property weekly. Control mosquitoes inside your home by repairing any damaged screens on windows or doors and keep doors shut at all times.

In addition to heavy water runoff, and the associated risks, the Owens Valley has also been experiencing its annual high temperatures. Extreme heat requires extra precautions and safety measures. Please keep these heat safety tips in mind:

- Drink plenty of water and avoid drinks with caffeine or alcohol. (Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.)
- NEVER leave children or pets alone in closed vehicles.
- Check on family, friends, and neighbors – especially if they do not have air conditioning.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

Stay up to date with local weather warnings by monitoring the [National Weather Service](#) forecasts.

Stay safe and stay informed Inyo County!