

Rethink Your Drink

Refresh with water!



<https://calfreshhealthyliving.cdph.ca.gov/en/Pages/drink-more-water.aspx>

Reconsiderare su bebida

¡Refrescate con agua!

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VENTURA COUNTY
PUBLIC HEALTH
A Department of Ventura County Health Care Agency

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Oxnard, CA 93036
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For more information visit us online:
<https://hca.venturacounty.gov/public-health/>

Rethink Your Drink

Written by: Lauren Hawley

With summer at its peak and the temperature rising, it is a good reminder to also increase our water intake and choose healthier beverages. While everyone's hydration needs are unique and vary, the types of beverages we consume can have a big impact on how we feel and our overall health. One of the most accessible, affordable, and healthy beverages we can choose is water. Water is essential to keeping the body hydrated, which is especially important if you are living in a warm climate or have an active lifestyle. Unlike other sugary beverages, water has zero calories, making it helpful for weight management. Water can also support appetite control, since thirst can often be mistaken for hunger.



If you are frequently on the go, investing in a reusable water bottle is a simple, yet effective way to boost water consumption and intake. Reusable water bottles not only help you stay hydrated but can also help you save money and reduce plastic waste, which is also beneficial for the environment. If plain water just does not appeal to you, try infusing it with fruits or herbs like lemon, cucumbers, or mint as a way to enhance the flavor and create a refreshing twist ([try our monthly recipe on page 14](#)).

Water is an excellent first choice; however, it is not the only healthy beverage. Other healthy beverages include low-fat or fat-free milk and fortified soy beverages. These beverages are rich in calcium, vitamin D, and potassium, which are essential vitamins and minerals needed for good health. No matter the beverages we choose, it is prudent to always read the nutrition facts label and ingredient list to watch out for added sugars, sodium, saturated fats, and extra calories.



Did you know that sugar has many names? Other common names for sugar include cane juice, barely malt, dextrose, sucrose, and maltodextrin. Being able to identify these ingredients can help you make more informed decisions when selecting a drink. To determine how many teaspoons of sugar are in a drink, a simple tip is to divide the grams of sugar by 4. For example, a beverage with 20 grams of sugar has 5 teaspoons of sugar.

Other healthy beverages include unsweetened herbal teas, which can offer flavor without sugar. In addition, sparkling waters can be a fun and fizzy soda alternative that is sugar-free. Overall, enjoying your favorite beverages is okay, but this should be done in moderation and being mindful of portion sizes. With a few small changes, you can stay hydrated and healthy all summer long.

References

MyPlate. Make better beverage choices. U.S. Department of Agriculture. Published May 2012. Updated October 2016. Accessed June 12, 2025.

For more information on Rethink Your Drink, visit:

<https://calfreshhealthyliving.cdph.ca.gov/en/tips/Pages/Rethink-Your-Drink.aspx>

For more information, including free health screenings, classes, and community activities, visit:

<https://hca.venturacounty.gov/public-health/cdpp/>

Reconsidere su bebida

Escrito por: Lauren Hawley

Durante los días más calurosos del verano y con el aumento de las temperaturas, es un buen recordatorio para aumentar nuestro consumo de agua y seleccionar bebidas más saludables. Mientras que las necesidades de hidratación de cada persona son únicas y varían, el tipo de bebida que consumimos puede tener un gran impacto en cómo nos sentimos y en nuestra salud en general. Una de las bebidas más accesibles, económicas y saludables que podemos elegir es el agua. El agua es esencial para mantener el cuerpo hidratado, lo cual es importante si vive en regiones de clima caluroso o tiene un estilo de vida activo. A diferencia de otras bebidas azucaradas, el agua no contiene calorías, lo que puede ser útil para mantener un peso saludable. También puede ayudar a controlar el apetito, ya que la sed suele confundirse con el hambre.



Si frecuentemente está ocupado, invertir en una botella de agua reutilizable es una forma sencilla y eficaz de aumentar su consumo de agua. Estas botellas no solo ayudan a mantenerlo hidratado, sino que también pueden ayudarle a ahorrar dinero y reducir el uso de plástico, lo cual también beneficia al medio ambiente. Si el agua pura no le gusta, puede considerar agregar frutas o hierbas como limón, pepino o menta para realzar su sabor y darle un toque refrescante ([pruebe la receta del mes en la página 14](#)).

El agua es una excelente primera opción, pero no es la única bebida saludable. Otras bebidas saludables incluyen la leche baja en grasa o descremada y las bebidas de soya enriquecidas. Estas bebidas son ricas en calcio, vitamina D, potasio, vitaminas y minerales esenciales para una buena salud. Estas bebidas son ricas en calcio, vitamina D, potasio, vitaminas y minerales esenciales para una buena salud. Independientemente de la bebida que elijamos, es importante leer siempre la etiqueta de información nutricional y la lista de ingredientes para detectar azúcares añadidos, sodio, grasas saturadas y calorías adicionales.



¿Sabía que el azúcar tiene muchos nombres? Otros nombres comunes incluyen jugo de caña, malta desnatada, dextrosa, sacarosa y maltodextrina. Identificando estos ingredientes puede ayudarle a tomar decisiones informadas al elegir una bebida. Para determinar cuántas cucharaditas de azúcar contiene en una bebida, un consejo sencillo es dividir los gramos de azúcar entre 4. Por ejemplo, si una bebida contiene 20 gramos de azúcar al dividirse por 4 esto nos indica que la porción contiene 5 cucharaditas de azúcar.

Otras bebidas saludables incluyen las infusiones de té sin azúcar, que pueden ofrecer sabor sin añadir azúcar. Además, las aguas minerales son una alternativa divertida y sin azúcar. En general, disfrutar de sus bebidas favoritas está bien, pero con moderación y teniendo en cuenta el tamaño de las porciones. Con pequeños cambios, podrá mantenerse hidratado y saludable durante todo el verano.

Referencias

MyPlate. Make better beverage choices. U.S. Department of Agriculture. Published May 2012. Updated October 2016. Accessed June 12, 2025.

Para obtener más información sobre la seguridad solar, visite:
<https://calfreshhealthyliving.cdph.ca.gov/en/tips/Pages/Rethink-Your-Drink.aspx>

Para obtener más información, incluyendo exámenes de salud gratuitos, clases y actividades comunitarias, visite:
<https://hca.venturacounty.gov/public-health/cdpp/>



Diabetes Prevention Program

Nationally recognized to prevent or delay the onset of Diabetes Type 2.



- **FREE classes starting soon**
- **Classes are in-person and over the phone**
- **Multiple locations throughout Ventura County**
- **Call to register now!**

For more information call (805) 765-7463

1 of 3 adults are at risk for developing Diabetes Type 2.

Start your journey towards a healthier lifestyle!

Program Topics Include:

- diabetes education
- healthy eating
- weight loss
- setting SMART goals
- nutrition education
- physical activity
- stress management
- tracking your health





Programa de Prevención de la Diabetes

Reconocido nacionalmente en prevenir o retrasar el desarrollo de la Diabetes Tipo 2.



- Clases GRATUITAS comienzan pronto
- Clases son en persona y por teléfono
- Múltiples ubicaciones en el Condado de Ventura
- ¡Llame para registrarse!

Para más información, llame al (805) 765-7463

1 de 3 adultos esta a riesgo de desarrollar la Diabetes Tipo 2.

Inicie su camino hacia un nuevo estilo de vida más saludable.

Temas del programa incluyen:

- educación de la diabetes
- educación de nutrición
- alimentación saludable
- actividad física
- pérdida de peso
- manejo de estrés
- estableciendo metas
- seguimiento de su salud



Prevent T2

Prevenga el T2

Adopting healthier habits and an active lifestyle!



Proud to congratulate our Diabetes Prevention Program participants for all their great achievements and for staying committed to improving their health.

Class Series:

Date	Days	Language	City	Location	Hours
8/5- 8/26	Tuesdays	English	Telephonic	Distance Learning Conference Call*	5:30-6:30 PM
8/7	Thursdays	Spanish	Telephonic	Distance Learning Conference Call*	6:00-7:00 PM
8/26	Tuesdays	English	Simi Valley	Simi Valley Senior Center* 3900 Avenida Simi	10:30-11:30 AM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

*Not accepting new participants. Call to register for new workshops in your area.

*No acepta nuevos participantes. Llame para registrarse a los talleres nuevos en su area.

August / Agosto 2025

Early Detection - Free Health Screens

Detección temprana - exámenes de salud gratuitos

Promoting Health & Wellbeing

Promoción de la salud y el bienestar



Glucose screenings at
Westpark Community Center.

Screenings:

Date	City	Location	Hours
8/5 Tuesday	Oxnard	Pacific Point Apartments 901 W Gonzales Road	8:30 - 9:30 AM
8/5 Tuesday	Oxnard	Wagon Wheel Apartments 510 Winchester Drive	4:00 - 6:00 PM
8/6 Wednesday	Oxnard	Palm Vista Senior Center 801 S C Street	10:30 - 11:30 AM
8/7 Thursday	Oxnard	Downtown Farmers Market 500 C Street	9:00 AM - 1:00 PM
8/8 Friday	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	10:30 AM - 12:00 PM
8/12 Tuesday	Oxnard	Nyeland Acres Community Center 3334 Santa Clara Avenue	8:30 - 10:30 AM
8/13 Wednesday	Santa Paula	Courtyard at Harvard Apartments 236 W. Harvard Boulevard	4:00- 6:00 PM
8/19 Tuesday	Ojai	Montgomery Oaks Apartments 508 N. Montgomery Street	1:00 - 3:00 PM
8/20 Wednesday	Piru	San Salvador Mission Church 4041 Center Street	9:30- 11:30 AM
8/26 Tuesday	Santa Paula	Santa Paulan Apartments 115 N. 4th Street	1:00- 3:00 PM
8/28 Thursday	Oxnard	Cesar Chavez Apartments 5559 Salvador Drive	4:30- 6:00 PM

To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

* Not open to the public / *No abierto al público

August / Agosto 2025

Seated Tai Chi for Arthritis

Tai Chi en silla para personas con artritis

Relaxation and Pain Management

Relajación y manejo de dolor

Seated Tai Chi enhances balance, flexibility, and strength!



Participants from Gateway Plaza Apartments practice stretching movements with Seated Tai Chi.

Seated Tai Chi

Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
8/11- 8/25	Mondays	Seated	Fillmore	Fillmore Active Adult Center 553 Santa Clara Street	1:00 - 1:30 PM
8/11 & 8/25	Wednesdays	Seated	Oxnard	Pacific Point Apartments 901 W Gonzales Road	4:00 - 4:30 PM
To learn more about how to participate or host an activity for your community, please call (805) 981-6645.					
* Not open to the public / *No abierto al público					

August / Agosto 2025

Get Fit! Zumba® Classes

Promoción de actividad física

Exercising in a group is fun!
¡El ejercicio en grupo es divertido!

Zumba® is a great way to get active, have fun, and make friends!



GET FIT! Classes

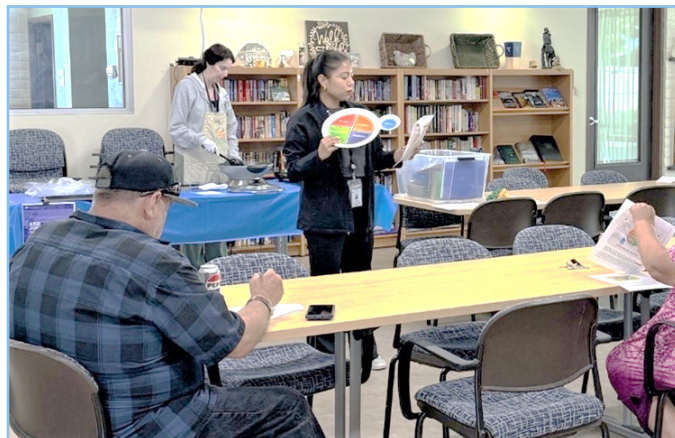
Clases de ejercicio para ponerse en forma

Date	Days	Class Type	City	Location	Hours
8/12- 8/26	Tuesdays	Zumba®	Ventura	Westpark Community Center 450 W Harrison Avenue	7:00 - 8:00 PM
8/7- 8/28	Wednesdays	Zumba®	Oxnard	Pacific Point Apartments 901 W Gonzales Road	5:00 - 6:00 PM
8/13- 8/27	Wednesdays and Thursdays Except 1st Wednesday of the month	Zumba®	Ventura	Bell Arts Factory 432 N Ventura Avenue	6:00 - 7:00 PM
8/2- 8/30	Saturdays	Zumba®	Oxnard	Nyeland Acres Community Center 3334 Santa Clara Avenue	9:00 - 10:00 AM

Open to the public. Led by licensed instructors Maria L Peña & Esther Cárcamo.
To learn more about how to participate or host an activity for your community, please call (805) 981-6645.

Live a Healthy Lifestyle*Vive un estilo de vida saludable*

My Plate visual at
Buena Vida Family Apartments
in Ventura.

Class Series:**Curriculum: Food Smarts for Adults**

Locations	Times	Class 1	Class 2	Class 3	Class 4
Tender Life Maternity Home* 871 E Thompson Blvd. Ventura, CA 93031 Contact: Betsy Saltman (805) 981-6635	10:00-11:00 AM	8/8	8/22	9/5	9/19

* Not open to the public / *No abierto al público

Workshops:

Reviewing healthy grain options at
Willet Ranch Apartments in Ventura.



Date	Activity	Time	Location	Contact Information
8/5 Tuesday	Foods Smarts: Understanding Labels and Ingredients Nutrition	5:30 - 6:30 PM	Ranco Verde Apartments* 1503 Los Gatos Street Ventura, CA 93004	Diana Cervantes (805) 981-6658
8/5 Tuesday	Foods Smarts: Understanding Labels and Ingredients Nutrition	5:30 - 6:30 PM	SPIRIT of Santa Paula* 1498 E. Harvard Boulevard Santa Paula, CA 93060	Betsy Saltman (805) 981-6635
8/6 Wednesday	Foods Smarts: Understanding Labels and Ingredients Nutrition	9:30 - 10:30 AM	Turning Point* 2687 Saviers Road Oxnard, CA 93033	Diana Cervantes (805) 981-6658

* Not open to the public / *No abierto al público

August / Agosto 2025

Live a Healthy Lifestyle

Vive un estilo de vida saludable

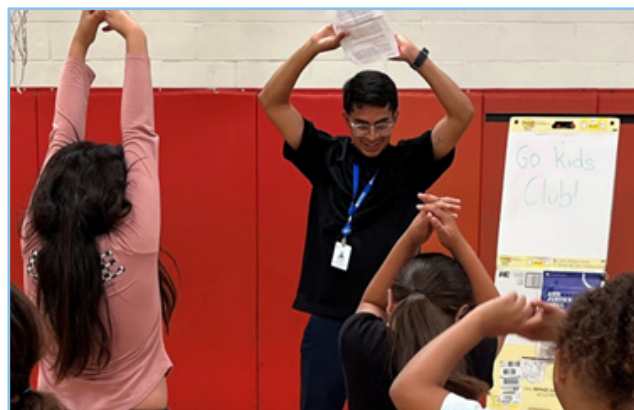


Fresh From The Garden Summer Squash Workshop
at Casa De Paz Apartments in Simi Valley.

Workshops:

Date	Activity	Time	Location	Contact Information
8/11 Monday	Foods Smarts: Understanding Labels and Ingredients Nutrition	1:00 - 2:00 PM	Camino Esperanza Apartments* 1384 Katherine Road Simi Valley, CA 93063	Diana Cervantes (805) 981-6658
8/12 Tuesday	Fresh From The Garden: Summer Squash Nutrition & Garden	4:00 - 5:00 PM	Sonata Riverpark Apartments* 401 Danvers River Oxnard, CA 93036	Eduardo Mora (805) 981-6628
8/20 Wednesday	Foods Smarts: Understanding Labels and Ingredients Nutrition	4:00 - 5:00 PM	Azahar Place Apartments* 11370 Mimosa Street Ventura, CA 93004	Diana Cervantes (805) 981-6658
8/27 Wednesday	Foods Smarts: Understanding Labels and Ingredients Nutrition	3:00 - 4:00 PM	Santa Paulan Apartments* 115 N. 4th Street Santa Paula, CA 93060	Diana Cervantes (805) 981-6658

* Not open to the public / *No abierto al público

Live a Healthy Lifestyle*Vive un estilo de vida saludable*

Nutrition workshop at the Boys and Girls Club in Santa Paula.

Workshops :

Date	Activity	Time	Location	Contact Information
8/4 Monday	Go Kids Club! <i>Healthy Snacking and Physical Activity</i>	3:00 - 3:45 PM 3:45 - 4:30 PM	Boys and Girls Club - Fillmore* 565 First Street Fillmore, CA 93015	Betsy Saltman (805) 981-6635
8/19 Tuesday	CATCH Train The Trainer: <i>Physical Activity</i>	12:30 - 1:30 PM	Julien Hathaway Elementary* 405 East Dollie Street Oxnard, CA 93033	Jose Ortega (805) 981-6659
8/19 Tuesday	CATCH Train The Trainer: <i>Physical Activity</i>	12:30 - 1:30 PM	Fred L. Williams Elementary* 4300 Anchorage Street Oxnard, CA 93033	Jose Ortega (805) 981-6659
8/19 Tuesday	CATCH Train The Trainer: <i>Physical Activity</i>	12:30 - 1:30 PM	Ansgar Larsen Elementary* 550 Thomas Avenue Oxnard, CA 93033	Jose Ortega (805) 981-6659
8/19 Tuesday	CATCH Train The Trainer: <i>Physical Activity</i>	1:45 - 2:45 PM	Art Haycox Elementary* 5400 Perkins Road Oxnard, CA 93033	Jose Ortega (805) 981-6659
8/21 Thursday	Go Kids Club! <i>Healthy Snacking and Physical Activity</i>	4:00 - 5:00 PM	Boys and Girls Club - Saticoy* 11321 Violeta Street Ventura, CA 93004	Betsy Saltman (805) 981-6635
* Not open to the public / *No abierto al público				

Garden-Based Education
Educación de Jardín

Preschool Nutrition Workshops



Tom The Tomato workshop
at Barbara Webster State
Preschool in Santa Paula.

Workshops:

Date	Activity	Time	Location	Contact Information
8/7 Thursday	Tom The Tomato: Garden Education Workshop	9:30 - 10:30 AM	Mexican American Opportunity Foundation* 1800 S. C Street Oxnard, CA 93033	Fernando Gaytan (805) 981-6627

* Not open to the public / *No abierto al público

Healthy Retail
*Healthy Eating***Healthy Retail Program**
Programa de venta saludable

*Partnering with small
neighborhood retail markets to
promote locally grown produce
and improve food security!*



Healthy recipe tasting at
4-Way Meat Market
in Oxnard.

Healthy Recipe Tasting:

Date	Activity	Time	Location	Contact Information
8/28 Thursday	Food Demonstration and Healthy Recipe Tasting	2:00 - 4:00 PM	4-Way Meat Market 403 Cooper Road Oxnard, CA 93030	Fernando Gaytan (805) 981-6627

Open to the public / Abierto al público

Healthy Retail Program

Peach Basil Infused Water

Refresh Better & Rethink Your Drink!

Healthy recipe made with fresh fruits and vegetables

Makes 4 servings:

1 cup per serving.

Prep Time:

5 minutes

Ingredients:

- 2 cups peach, sliced
- 1 fresh basil leave



Preparation:

1. Fill pitcher halfway with ice.
2. Add sliced peach and fresh basil.
3. Fill with water. Chill for at least 30 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

¡Refréscate mejor y piensa bien lo que tomas!

Receta saludable de agua con sabor a frutas y verduras

Rinde 4 porciones:

1 taza por porción.

Tiempo de preparación:

5 minutos

Ingredientes:

- 2 tazas de durazno en rebanadas
- 1 hoja de albahaca fresca



Preparación:

1. Llene media jarra con hielo.
2. Agregue las rebanadas de durazno y albahaca
3. Llene con agua. Deje enfriar por lo menos 30 minutos antes de servir.
4. Guarde en el refrigerador y tome dentro de 24 horas.

Agua de durazno y albahaca

Seared Beef Sirloin and Grilled Peaches



Makes 4 servings

Nutrition information per serving:

Calories: 270

Fiber: 2 g

Total fat: 9 g

Sodium: 279 mg

Saturated fat: 2.5 g

Protein: 28 g

Carbohydrates: 20 g

<https://recipes.heart.org/en/recipes/seared-beef-sirloin-and-grilled-peaches-with-feta-cheese-and-basil>

INGREDIENTS

- 1 pound boneless top sirloin steak (about 1 1/2 inch thick), all visible fat discarded
- 4 medium peaches, halved
- 1 tablespoon canola or corn oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, freshly ground preferred
- 1 tablespoon honey
- 2 cups spinach, spring mix greens, arugula, kale, or other greens
- 1 tablespoon balsamic vinegar
- 3 tablespoons sliced basil leaves
- 2 tablespoons fat-free feta cheese, crumbled

DIRECTIONS

1. Wash hands with soap and water.
2. Preheat the grill on medium high.
3. Put the beef and peaches on a large platter. Using a basting brush, brush the oil over the beef and peaches. Sprinkle the salt and pepper over the beef. Drizzle the honey over the peaches.
4. Grill the beef for 8 to 10 minutes on each side for medium-rare doneness.
5. Place the peaches on the grill with the cut side down. Grill the peaches for 3 to 4 minutes on each side, or until fork-tender.
6. Let the beef stand for 10 minutes before slicing it.
7. Arrange the greens on a large platter. Top with the grilled peach halves. Drizzle the peaches with the vinegar. Sprinkle with the basil and feta. Serve with the beef.

Solomillo de ternera sellado y duraznos a la parrilla



Rinde 4 porciones

Información nutricional por porción:

Calorías: 270	Fibra: 2 g
Grasa Total: 9 g	Sodio: 279 mg
Grasa Saturada: 2.5 g	Proteína: 28 g
Carbohidratos: 20 g	

<https://recipes.heart.org/en/recipes/seared-beef-sirloin-and-grilled-peaches-with-feta-cheese-and-basi>

INGREDIENTES

- 1 libra de solomillo deshuesado
(aproximadamente de 1,5 pulgadas de grosor),
sin toda la grasa visible
- 4 duraznos medianos, cortados por la mitad
- 1 cucharada de aceite de canola o maíz
- 1/4 cucharadita de sal
- 1/4 cucharadita de pimienta, mejor recién
molida
- 1 cucharada de miel
- 2 tazas de espinacas, mezcla de verduras de
primavera, rúcula, col rizada u otras verduras
- 1 cucharada de vinagre balsámico
- 3 cucharadas de hojas de albahaca en rodajas
- 2 cucharadas de queso feta sin grasa,
desmenuzado

INSTRUCCIONES

1. Lávese las manos con agua y jabón.
2. Precalienta la parrilla a fuego medio-alto.
3. Poner la ternera y los duraznos en una fuente grande. Con una brocha, unte el aceite sobre la carne y los melocotones. Salpimiente la carne. Rocíe la miel sobre los duraznos.
4. Ase la carne de 8 a 10 minutos por cada lado para obtener un término medio.
5. Coloca los duraznos en la parrilla con la parte cortada hacia abajo. Ase los duraznos de 3 a 4 minutos por cada lado, o hasta que estén tiernos al pincharlos con un tenedor.
6. Dejar reposar la carne durante 10 minutos antes de cortarla.
7. Coloque las verduras en una fuente grande. Cubra con las mitades de duraznos asado. Rocíe los duraznos con el vinagre. Espolvorear con la albahaca y el queso feta. Servir con la ternera.

Partnership for a Healthy Ventura County

August / Agosto 2025



LIVE WELL
Ventura County
Healthy Eating • Active Living

HARVEST OF THE MONTH

Mango Salad



<https://eatfresh.org/recipe/salads-side-dish/mango-salad/>

Makes: 4 servings

Ingredients:

- 3 cups Mango (about 2 medium), ripe but firm, cubed
- 1 Cucumber peeled and cubed
- 1/4 cup Bell Pepper red or green, diced
- 1/4 cup Red Onion diced
- 1/2 Jalapeño Pepper seeded and minced
- 2 tablespoons Fresh Cilantro cut and discard bottom 2 inches of stems, chopped
- 3 1/2 tablespoons Fresh Lime Juice adjust to taste
- 1/4 teaspoon Salt adjust to taste
- 1 tablespoon Brown Sugar (Optional)

Preparation:

1. Before you begin: Wash your hands.
2. In a bowl: combine mango, cucumber, bell pepper, onion, jalapeño, and cilantro.
3. In a small container: dissolve brown sugar and salt in the lime juice.
4. Pour lime juice mixture over ingredients in the bowl and mix to cover evenly
5. Serve.

**Nutrition Per Serving: Calories 70, Total Fat 1 g
(Saturated Fat 1.0 g), Protein 1 g, Carbohydrates 18 g,
Dietary Fiber 3 g, Sodium 103 mg**

Partnership for a Healthy Ventura County

is a coalition that includes a wide range of community organizations and individuals, including businesses, schools, non-profits, local government and networks seeking to improve the health of Ventura County residents, policies, and community endeavors. We share the vision that Ventura County will be the national model for healthy eating, active living, and community wellbeing. We promote community and personal changes that lead to healthy eating and regular exercise to reduce obesity and related chronic diseases.

**Our next quarterly meeting is
scheduled to take place in person on
Thursday, September 18, 2025, at 9:00 AM**

Hosted at Ventura County Public Health
2220 E. Gonzales Rd. Suite 200 B
EMS Conference Room (2nd Floor)
Oxnard, CA 93036

For more information, please contact:

Eddie Munizich at (805) 981-6650

or at Eddie.Munizich@venturacounty.gov

website: <https://livewell.venturacounty.gov>

HEAT EXHAUSTION

VS

HEAT STROKE

Heat stress can lead to exhaustion and then to heat stroke if not treated quickly.

SYMPTOMS

- Dizziness or fainting
- Headache, nausea
- Confusion, extreme thirst
- Excessive sweating
- Cool, pale, clammy skin
- Rapid or weak pulse



WHAT TO DO

1. Move to a shaded or cool indoor area. Loosen clothes and apply cool, wet towels if possible.
2. Have the person sip cold water.

Seek help if vomiting starts or symptoms last over 1 hour.

Heat stroke can cause permanent disability or death without emergency treatment.

SYMPTOMS

- Loss of consciousness
- Seizures or convulsions
- Rapid or strong pulse
- No sweating
- Red, hot, dry skin
- Temperature above 103°F



WHAT TO DO

1. Call 911
2. Immediately cool overheated person while waiting for help and do NOT give the person anything to drink. Apply ice to underarms or groin if available.

PREVENT HEAT EXHAUSTION & HEAT STROKE



- Stay cool and take breaks
- Drink water – 1 cup/hour
- Check weather forecasts
- Monitor air quality



- Wear light-colored, loose clothing
- Plan for refrigerated medications
- Call 211 for a cooling center
- Look out for older adults



VENTURA COUNTY
PUBLIC HEALTH
Protecting Health • Promoting Wellness

AGOTAMIENTO POR CALOR

VS

GOLPE DE CALOR

El estrés por calor puede causar agotamiento y luego golpe de calor si no se trata a tiempo.

SÍNTOMAS

- Mareos o desmayos
- Dolor de cabeza, náuseas
- Confusión, sed extrema
- Sudor excesivo
- Piel fría, pálida y húmeda
- Pulso rápido o débil



QUÉ HACER

1. Lleve a la persona a un lugar fresco o con sombra. Afloje la ropa y aplique toallas húmedas y frías si es posible.
2. Déle sorbos de agua fría.

Busque ayuda si hay vómitos o síntomas por más de 1 hora.

El golpe de calor puede causar discapacidad permanente o la muerte sin tratamiento de emergencia.

SÍNTOMAS

- Pérdida de conciencia
- Convulsiones
- Pulso rápido o fuerte
- Falta de sudor
- Piel roja, caliente y seca
- Temperature mayor a 103°F



QUÉ HACER

1. Llame al 911
2. Enfríe inmediatamente a la persona mientras espera ayuda y NO le dé nada de beber. Aplique hielo en las axilas o la ingle si es posible.

PREVENCIÓN DEL AGOTAMIENTO Y GOLPE DE CALOR



- Beba agua – 1 taza/hora
- Quédese fresco y descanse
- Esté al tanto del clima
- Revise la calidad del aire



- Use ropa suelta y de colores claros
- Tenga listas sus medicinas frías
- Cuide a los adultos mayores
- Llame al 211 para un centro con aire acondicionado



VENTURA COUNTY
PUBLIC HEALTH
Protecting Health • Promoting Wellness

Chronic Disease Prevention Program (CDPP) publishes this monthly Events Calendar to encourage healthy active living through physical activity and healthy eating in all communities of Ventura County. Educational opportunities are free of cost and available to residents, families and communities who are ready to lead healthier lives.

For more information, please contact:

Eddie Munizich Eddie.Munizich@venturacounty.gov

Evidence-Based Educational Workshops

CDC's National Diabetes Prevention Program (DPP) T2 for people with prediabetes

The program runs for 1 year. During the first 6 months of the program, you will meet once a week. During the second 6 months, you'll meet once or twice a month.

Stanford University Self-Management Resource Center

6-week workshops on Chronic Disease Self-Management, Diabetes Self-Management, Tomando Control de su Salud, and Manejo Personal de Su Diabetes Tipo 2.

Community Health Screenings

Free health screenings focusing on blood pressure and glucose testing. Connects patients to appropriate health resources.

For more information, please contact:

Jazmyn Jasso Jazmyn.Jasso@venturacounty.gov

CalFresh Healthy Living (CFHL) Program provides nutrition and food garden education classes, train-the-trainer nutrition workshops, and cooking and physical activity demonstrations to promote informed food choices and healthier lifestyles.

Rethink Your Drink

Urges everyone to choose refreshing water to quench their thirst instead of sugary drinks. The goal of the initiative is to reach all residents and organizations in Ventura County to increase the consumption of and access to healthy beverages.

Community & School Garden Support

Offers support and education to families and educators growing their own vegetables and fruits at their local community gardens and schools.

For more information, please contact:

Jose Ortega Jose.Ortega@venturacounty.gov

Physical Activity Opportunities

Get Fit! Zumba® Classes

Community physical activity classes.

Seated Tai Chi

Seated group exercise classes.

Walking Clubs

Assistance initiating walking clubs in the community.

For more information, please contact:

Deanne Morales Deanne.Morales@venturacounty.gov



Residents at Casa Merced in Oxnard planted fruit and vegetables in their Senior Food Garden.

Thank you for viewing and sharing our monthly calendar!