

**FOR IMMEDIATE RELEASE – August 2, 2016**

**EXTREME HEAT AND YOUR HEALTH –  
WARM WEATHER BRINGS ADVICE FROM HPSJ MEDICAL DIRECTOR  
DR. DORCAS YAO, AND THE CDC**

(French Camp, CA) – Health Plan of San Joaquin (HPSJ) Medical Director Dorcas Yao, MD, has issued this advice: “When thermometers rise to ‘extreme heat’ levels, heat-related illness and even death can result. Everyone needs to take precautions. However, the most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and anyone with a chronic medical condition.”

The federal CDC (Centers for Disease Control and Prevention) recommends that we do the following:

1. Stay cool
2. Stay hydrated
3. Stay informed

**Local Emergency Cooling Centers**

The cooling centers included at the following county websites provide air conditioning and water. With valuable assistance from local county health agency partners, HPSJ medical management staff have contacted the listed facilities to confirm each is open to the public, and includes up-to-date information (i.e., contact number, location and hours of operation).

**San Joaquin County Cooling Locations:**

<https://www.sjgov.org/oes/extremetemps/coolingzones2016.pdf>

**Stanislaus County Cooling Locations:**

<http://stanemergency.com/naturalDisasters/cooling-locations.shtm>



**CDC Infographic [click here](#)**



**[available](#)**

**About HPSJ**

HPSJ, a not-for-profit health plan, has been serving members and the community since 1996. Located in the heart of California’s multicultural Central Valley, HPSJ is the leading Medi-Cal

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Managed Care provider in San Joaquin and Stanislaus counties. HPSJ offers a broad network of providers and works closely with physicians to develop programs and services to ensure quality health care for over 337,000 members.

HPSJ is currently one of only 12 health plans in California with NCQA Accreditation for a managed care Medi-Cal program. Medicaid is known as Medi-Cal in California. Only 160 Medicaid/HMO plans in the U.S. had this NCQA seal at the time of HPSJ's 2015 Accreditation.

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