



NEWS RELEASE

Department of Public Health

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County issues an Excessive Heat Warning

County of San Bernardino Health Officer Dr. Maxwell Ohikhuare has issued an excessive heat warning for extreme high temperatures expected for the inland and desert regions this coming weekend and into the following week. Temperatures above 105°F will be seen from Sunday to Tuesday, and into Wednesday for the desert regions. Monday is expected to be the hottest day, reaching up to 111°F in the desert and some inland areas.

"As temperatures rise, we want to remember to check on those most vulnerable, the elderly, those who work or exercise outdoors, infants and children, the homeless or poor and people with chronic medical conditions," said Dr. Ohikhuare. "We also need to remember not to leave children or pets in hot cars, not even for a moment, since temperatures can quickly rise and become deadly."

High or unusually hot temperatures can affect one's health. Take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke by following the tips below.

Stay cool

- Stay in air-conditioned buildings.
- Find an air-conditioned Cooling Center open to the public by dialing the United Way's toll-free resource telephone line at **2-1-1**, or online at <http://211sb.org/cooling-centers>
- Do not rely on a fan as your primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Do not leave infants or children in a parked vehicle, even in the shade with windows cracked, temperatures can reach over 120 degrees inside. Their abilities to cool through sweating are not as developed as adults.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on at-risk friends, family and neighbors at least twice a day.

Stay hydrated

- Drink water more than usual and don't wait until you're thirsty to drink.
- Drink from two to four cups of water every hour while working.
- Avoid alcohol or liquids containing high amounts of sugar.
- Make sure your family, friends and neighbors are drinking enough water.

Remember, pets are vulnerable to high temperatures too, but are unable to vocalize their distress. Some signs of heat distress in pets can include heavy panting, difficulty breathing, lethargy, excessive thirst, and vomiting. You can help prevent a heat emergency by taking these steps.

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For Pets

- Leave your pets extra water.
- Bring pets inside during periods of extreme heat.
- Ensure they have plenty of shade if kept outside. Remember, the shade your pets have in the morning will either change or diminish as the sun moves throughout the day and may not protect them.
- Don't force animals to exercise when it is hot and humid. Exercise pets early in the morning or late in the evening.
- Do not let pets stand on sidewalks or hot asphalt to avoid burning their paws.
- Never leave pets in a parked vehicle, even in the shade with windows cracked, temperatures can reach over 120 degrees inside. The vehicle is quickly turned into a furnace and can kill any animal!

For more information contact the San Bernardino County Department of Public Health at 1800-782-4264 or visit www.sbcounty.gov/dph For the National Weather Service Forecast website <http://www.wrh.noaa.gov> or the California Department of Public Health website at: <http://www.bepreparedcalifornia.ca.gov/BeInformed/NaturalDisasters/ExtremeHeat>

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