



NEWS RELEASE

Public Health

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County issues Heat Advisory, high heat temperatures expected



Temperatures are expected to soar to 107 degrees Friday and possibly higher through the weekend prompting County of San Bernardino Health Officer Dr. Maxwell Ohikhuare to issue a heat advisory.

"While this intense heat is not especially unusual, the recent cool weather could cause some people to be caught off guard, especially those most susceptible to heat illness," Ohikhuare said. "Those most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with chronic medical conditions."

High or unusually hot temperatures can affect one's health. People are advised to 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.
- 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.

For more information, contact the San Bernardino County Department of Public Health at 1-800-782-4264 or visit the National Weather Service Forecast website at <http://www.wrh.noaa.gov/sgx/> or the California Department of Public Health website [here](#).