

# NEWS

From the County of San Bernardino  
[www.sbcounty.gov](http://www.sbcounty.gov)



FOR IMMEDIATE RELEASE

July 3, 2007

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## County Public Health Department issues heat warning

The San Bernardino Department of Public Health has issued a heat warning for all of San Bernardino County. Temperatures are expected to reach 105 and higher for three to five consecutive days. Designated Cooling centers are available throughout San Bernardino County (see attached list) and are open to the public. The elderly and very young are particularly at risk for heat related illness.

Some tips on staying healthy in warm weather.

- Drink plenty of fluids avoiding alcohol and very sugary drinks
- Wear appropriate clothing and sunscreen – wear as little as possible when you are at home. Choose light-colored, loose-fitting clothing for going outdoors. Wear a wide-brimmed hat and apply sunscreen frequently
- Pace yourself – move more slowly and avoid overexertion
- Stay cool indoors - Stay indoors in an air-conditioned area. If you don't have air conditioning, consider going to an air-conditioned shopping center or library.
- Monitor those at risk - Infants and children under 4 years of age, people over 65, people who are ill or on certain medications, people who are overweight and people who work outdoors.

Two common problems are heat stroke and heat exhaustion when the body temperature rises rapidly and is unable to cool down. Warning signs of heat stroke vary but may include:

- An extremely high body temperature
- Unconsciousness
- Dizziness, nausea and confusion
- Red, hot, and dry skin
- Rapid, strong pulse
- Throbbing headache

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Warning signs of heat exhaustion vary but may include:

- Heavy sweating
- Muscle cramps
- Weakness
- Headache
- Nausea or vomiting
- Paleness, tiredness dizziness

What to do:

- Get the victim to a shady area
- Cool the victim off using whatever methods are available
- Get medical assistance as soon as possible

## San Bernardino County

<i>City</i>	<i>Facility Name</i>	<i>Street Address</i>	<i>Cross Street</i>	<i>Phone</i>	<i>Days/Hours</i>	<i>Capacity</i>	<i>Handicap Access (y/n)</i>	<i>Restrooms Available (y/n)</i>
Highland	Highland Senior Center	3102 E. Highland Highland, CA 92346	Highland Ave. and Patton Ave.	909-862-8104	Monday thru Friday: Noon to 5pm	49	y	y
Highland	Patton State Hospital	3102 E. Highland Highland, CA 92346	Circle Dr. and Myrtle St.	909-425-7000	Monday thru Friday: Noon to 5pm	150	y	y
Yuma Linda	Heritage Gardens	25271 Barton Rd. Loma Linda, CA 92354	Barton and Benton	909-796-0216	Monday thru Sunday: 9am to 5pm	20	y	y
Yuma Linda	Veterans Admin Hosp Loma Linda	11210 Benton Street Loma Linda, CA 92354-3005	Barton Road	909-825-7084 x 218	Monday - Friday 8am to 4:30pm	100	y	y
Redlands	Braswell/Braswell	1618 Laurel Avenue Redlands, CA 92373	Roberts	909-792-6050	Monday thru Sunday: 10am to 7pm	25	y	y
Redlands	Redlands Healthcare Center	1620 W. Fem Ave. Redlands, CA 92373	Terracina	909-793-2609	Monday thru Sunday: 1pm to 5pm	50	y	y
Rialto	Crestview Convalescent Hospital	1471 S. Riverside Ave. Rialto, CA 92376	San Bernardino	909-877-1361	Monday thru Sunday: 8am to 8pm	20	y	y