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## HEALTH ADVISORY

### Department of Public Health

[www.SBCounty.gov](http://www.SBCounty.gov)
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## County issues Heat Advisory, high heat temperatures expected this weekend



Dr. Maxwell Ohikhuare Health Officer for San Bernardino County has issued another excessive heat warning for high temperatures today and through this coming weekend. Temperatures are expected to be above 105°F for the Inland Valley areas and up to 110°F for the high deserts. The mountain areas below 6000 feet will see temperatures up to 102°F.

"As another heat wave hits our county, we need to remember to try and stay cool. 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 that cars get very hot and can be deadly to a child or pet left behind."

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 and [cool place to go](#) to by dialing the United Way's toll-free resource line at **2-1-1**
- 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.

## 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](http://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>