



## NEWS RELEASE

### Public Health

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## County issues Heat Advisory, high heat temperatures expected

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San Bernardino County Health Officer Dr. Michael Sequeira issued a heat advisory today as extreme heat is expected to continue through the week into the weekend. Dr. Sequeira is urging the public to take necessary precautions during heat waves.

"The summer heat can be dangerous, and everyone should take the right steps to stay safe. Heat-related illnesses like heat exhaustion and heat stroke can be very serious, especially for those who are more vulnerable," Sequeira said. "By keeping cool, drinking plenty of water, and staying informed, we can protect ourselves and those we care about from extreme heat. Being aware of summer heat isn't just about staying comfortable; it's about ensuring public health and safety."

Residents are encouraged to learn the [warning signs and symptoms of heat-related illness](#) and 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 cool location open to the public by visiting [San Bernardino County Cool Places to Go](#) or by dialing the United Way's toll-free resource telephone line at 2-1-1. Seniors can also take advantage of the Senior Information and Assistance Hotline at 1 (800) 510-2020.
- Do not rely on a fan as a primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day. Avoid direct sunlight and stay in shaded areas when possible.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower body temperature.
- Check on at-risk friends, family, and neighbors at least twice a day.
- Never leave infants or children, or pets in a parked car, even if the windows are open.

### **Stay hydrated**

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

**For Pets**

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. Help prevent a heat emergency by taking these steps.

- Leave pets extra water.
- Bring pets inside during periods of extreme heat.
- Ensure pets have plenty of shade if kept outside. Remember, the shade 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 when temperatures are cooler.
- 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.

***Stay informed***

Before, during, and after emergencies, San Bernardino County departments and partner agencies work together to improve emergency management and protect lives. Stay informed about disasters and emergencies by visiting the County's Preparedness Starts Here website at [prepare.sbcounty.gov](https://prepare.sbcounty.gov).