



NEWS RELEASE

Department of Public Health

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Health Officer issues heat advisory for high heat weekend



With above average temperatures expected this weekend, the County of San Bernardino Health Officer Dr. Maxwell Ohikhuare has issued a heat advisory. Temperatures will peak on Friday 10 to 20 degrees above normal for this time of year, with very slight cooling Saturday through Sunday.

“While this magnitude of 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.” Said Dr. Maxwell Ohikhuare Health Officer. “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 your 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.
- 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 on the extreme heat visit the San Bernardino County Department of Public Health website at <http://www.sbcounty.gov/dph> Or visit the California Department of Public Health website at: <http://www.bepreparedcalifornia.ca.gov/BelInformed/NaturalDisasters/ExtremeHeat/Pages/ExtremeHeat.aspx>

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