



## NEWS RELEASE

### Department of Public Health

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## Heat Advisory for Above Average High Heat Weekend

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High temperatures expected this weekend; San Bernardino County Health Officer Dr. Maxwell Ohikhuare has issued a heat advisory for residents. High temperature above 100 “degrees” forecasted for the inland valleys, mountains and desert regions for the weekend. Residents are urged to take precautions that will help prevent heat-related illness.

High or unusually hot temperatures can affect your health. **Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with chronic medical conditions.**

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 [www.coolingsb.org](http://www.coolingsb.org)
- 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 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/publichealth/ph\\_divisions/preparedness\\_response/natural\\_disasters.asp](http://www.sbcounty.gov/dph/publichealth/ph_divisions/preparedness_response/natural_disasters.asp)

Or visit the California Department of Public Health website at:

<http://www.bepreparedcalifornia.ca.gov/BeInformed/NaturalDisasters/ExtremeHeat/Pages/ExtremeHeat.aspx>