



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION

July 2, 2007

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COUNTY URGES PUBLIC TO TAKE PRECAUTIONS IN HOT WEATHER

County Health and Human Services Agency Offers Tips, Resources for Staying Cool and Healthy

Following a heat warning from the National Weather Service beginning Tuesday, July 3 and lasting through Friday, July 6, the San Diego County Health and Human Services Agency (HHS) urges the public to take precautions to stay safe and healthy in the heat.

Residents are strongly encouraged to drink plenty of fluids, stay out of the sun, and take advantage of the County's Cool Zones program during this weather emergency, says Wilma Wooten, M.D., M.P.H, County Public Health Officer.

"Hot temperatures and high humidity increase the likelihood of heat illnesses, such as heat exhaustion or heat stroke," says Dr. Wooten. "Temperatures are expected to soar up to 110 degrees in the inland valleys and foothills. The County has many air-conditioned Cool Zones available to the public."

HHS Aging and Independence Services' Cool Zone program offers 150 locations where anyone can beat the heat. Call toll free 1-800-510-2020 for information. A list of Cool Zone sites and tips for staying cool are located on the County Web site --<http://www2.sdcounty.ca.gov/hhsa/ServiceDetails.asp?ServiceID=999>

Recommendations for the heat wave include:

- Wear lightweight clothing
- Pace yourself when engaging in physical activity
- Take a cool shower, bath or sponge bath
- Call your physician if you feel you may be experiencing heat-related illness.

Visit elderly, disabled, or ill relatives, neighbors and friends who live alone as they may be particularly vulnerable. Heat exhaustion, or heat stroke, can occur in people who have difficulty regulating their body temperature, including: Children up to age 4, those 65 or older, people who are overweight, and people ill or on certain medications.

Signs of heat stroke include: Body temperature exceeding 103 degrees, lack of sweating, rapid pulse, headache, nausea, confusion, and even unconsciousness. If someone is suffering from these symptoms, cool the victim rapidly, to 101 or 102 degrees, call 911.

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