



COUNTY OF SAN DIEGO NEWS RELEASE

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BEATING THE HEAT—TIPS FOR A SAFE, FUN SUMMER

Take Precautions to Avoid the Risks of Heat-Related Illnesses

The summer heat has arrived in San Diego County and with it comes the risks of adverse health effects for residents. It's important to take precautions to ensure a safe, healthy and fun summer season.

"The increased heat and humidity during the summer season mean we all must take special care to protect ourselves and loved ones from the risk of heat-related illnesses such as heat stroke and heat exhaustion," said San Diego County Public Health Officer Nancy Bowen, M.D.

Heat stroke is the most serious heat-related illness. It occurs when your body becomes unable to control its temperature. Your body temperature can rise rapidly, your ability to sweat fails, and your body can't cool down. Symptoms may include a body temperature of 106 degrees Fahrenheit or higher, very hot and dry skin (no sweating), a rapid and strong pulse, a throbbing headache, dizziness, nausea, confusion and unconsciousness. If you see someone with any of the warning signs of heat stroke, call for immediate medical help.

Heat exhaustion is a milder illness that may take several days of high temperatures to develop. It occurs when your body's water and salts lost through perspiration are not adequately replaced. Heat exhaustion warning signs may include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.

Conditions that limit your body's ability to regulate its temperature include high humidity, age (65 years and older), youth (0-4 years of age), obesity, fever, dehydration, heart disease, poor circulation, sunburn, certain prescription drug use and alcohol use.

By taking the proper precautions, you can easily identify symptoms, protect yourself and others, and beat the heat. The County Health and Human Services Agency (HHSA) recommends the following: drink plenty of water or other non-alcoholic beverages (such as Gatorade*) frequently; reduce or stop strenuous activities, or do them during cooler parts of the day; wear lightweight, light-colored, loose-fitting clothing; take a cool shower or bath; and seek an air-conditioned location such as a shopping mall or public library.

More information on heat-related illnesses can be found on the Centers for Diseases Control and Prevention website at http://www.bt.cdc.gov/disasters/extremeheat/heat_guide.asp.

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