



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION

July 27, 2006

CONTACT: Leslie Ridgeway (619) 685-2239

COUNTY SEEING INCREASE IN HEAT-RELATED SYMPTOMS

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

The San Diego County Health and Human Services Agency (HHSA) offers tips and resources for staying healthy in the heat.

“There has been an increase in ambulance responses and emergency department admissions that appear to be related to the heat,” said Nancy Bowen, M.D., HHSA San Diego County Public Health Officer. “We strongly suggest that the public take precautions to stave off heat-related illness.”

“Following some simple health tips and visiting Cool Zones can make a big difference for all of us struggling to cope with the heat,” said Supervisor Dianne Jacob who represents East County, home to communities dealing with sizzling temperatures.

Recommendations include:

- Drink plenty of fluids
- Wear lightweight clothing
- Pace yourself
- Visit elderly, disabled, or ill relatives, neighbors and friends who live alone
- Stay cool indoors
- Take a cool shower, bath or sponge bath
- Call your physician if you feel you may be experiencing heat-related illness.

High temperatures may bring on heat exhaustion, or heat stroke, which occurs 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, and call 911.

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

###