



# COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION

Aug. 31, 2007

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## **COUNTY URGES PUBLIC TO TAKE PRECAUTIONS OVER HOT HOLIDAY WEEKEND**

*Drink Plenty of Fluids, Be Careful of Sun Exposure, Monitor Children and Elderly*

With temperatures expected to hover near the triple digits throughout San Diego County this Labor Day weekend, the County of San Diego HHSA (Health and Human Services Agency) urges the public to exercise caution when engaging in outdoor activities.

"While the heat is not expected to rise to the level of an 'alert' stage this holiday weekend, the danger from excessive heat and sun exposure still exists," said Wilma Wooten, M.D., M.P.H., County Public Health Officer. "To avoid suffering heat stroke or other heat related conditions, we urge everyone to drink plenty of nonalcoholic fluids and be cautious of sun exposure during peak periods (10 a.m. – 4 p.m.) while enjoying holiday activities like sunbathing, boating and other sports."

Seniors and children may be especially vulnerable to the high temperatures. 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, and call 911.

"We encourage family, friends and neighbors to visit the elderly, disabled or ill to make sure they are keeping cool," Dr. Wooten said. "Children also need to be monitored when they're out in hot weather, as they become engrossed in playing and may not notice they are dehydrated."

The public is encouraged to seek cool places for relief, such as malls, movie theatres and restaurants. Some HHSA Aging and Independence Services' Cool Zones will also be open on Saturday. Cool Zones offers 150 locations where anyone can beat the heat. A list of Cool Zone sites and tips for staying cool are located on the HHSA Web site -- <http://www2.sdcountry.ca.gov/hhsa/ServiceDetails.asp?ServiceID=999>

Recommendations for the heat wave include:

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- 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.

The public also is advised never to leave children or pets inside vehicles any time, even with the windows cracked. Temperatures inside a vehicle can reach lethal levels no matter what the weather is like.

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