

Heat Alert Declared for San Diego County

Local healthcare providers are requested to report all serious heat-related health events to the Community Epidemiology Branch. Serious health events include 1) heat-related deaths, 2) hospitalizations due primarily to heat-related illness, and 3) significant heat-related morbidity including heat stroke. Heatstroke is defined as an oral temperature of ≥ 103 F accompanied by rapid, strong pulse; red, hot, and dry or sweaty skin; throbbing headache or dizziness; nausea; confusion; or unconsciousness.

Those at highest risk for heat-related illness include the elderly, the very young, and people with chronic disease or mental illness. Specific conditions contributing to risk include obesity, fever, dehydration, heart disease, poor circulation, and sunburn. Risk behavior includes strenuous physical activity; drinking alcohol; and taking medications that impair the body's ability to regulate its temperature or that inhibit perspiration.

The Centers for Disease Control and Prevention (CDC) recommends that persons at risk, particularly seniors living alone, be visited at least twice daily and monitored closely for signs of heat stroke or exhaustion. Infants and young children should also be monitored and never left unattended in closed spaces such as vehicles.

Staying cool and making simple changes in fluid intake, activity level, and clothing can help prevent heat-related illness. For more information please visit the CDC website at <http://www.bt.cdc.gov/disasters/extremeheat/>.

Thank you for your continued participation.

Emergency Medical Alert Network (EMAN)
County of San Diego, Health & Human Services Agency
Community Epidemiology Branch