



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION
July 15, 2010

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WHEN THE HEAT IS ON, CHECK UP ON ELDERLY, DISABLED NEIGHBORS ***Protect Yourself by Staying “Cool,” Says County HHSA***

With temperatures expected to reach the 90s to 100s in inland valleys and foothills through this weekend, the San Diego County Health and Human Services Agency (HHSA) reminds the public to take some precautions, as well as keep an eye on elderly and disabled relatives and neighbors to make sure they're keeping cool.

“Seniors with limited mobility, as well as the disabled and ill, are especially vulnerable to high temperatures,” said Dean Sidelinger, M.D., M.S.Ed., County Deputy Public Health Officer. “If they can't cool off at home, take them to a Cool Zone, or mall or other air-conditioned location.”

HHSA Aging and Independence Services' Cool Zone program offers more than 100 locations for anyone to beat the heat. Call toll free 1-800-510-2020 or 2-1-1 for information. A list of Cool Zone sites and tips for staying cool are on the County Web site at <http://bit.ly/bFtZ12>.

The public is also reminded to never leave children or pets unattended in vehicles for any period of time, even with the windows down, as heat can rise to dangerous levels inside vehicles.

To beat the effects of high heat:

- Drink plenty of non-alcoholic fluids
- Stay out of the sun
- Wear lightweight clothing
- Be cautious about engaging in strenuous physical activity
- Take a cool shower, bath or sponge bath
- Call your physician if you feel you may be experiencing heat-related illness.

Heat exhaustion, or heat stroke, can occur in anyone, but especially 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. Heat exhaustion is marked by weakness, nausea, vomiting, headache and muscle aches. To treat heat exhaustion, cool the victim off quickly, and provide water or diluted sports drinks like Gatorade.

Signs of heat stroke include: Lack of sweating, rapid pulse, headache, nausea, confusion, and even unconsciousness. If someone is suffering from heat stroke, call 9-1-1, loosen or remove the victim's clothing, and spray or pour water on their skin.

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