

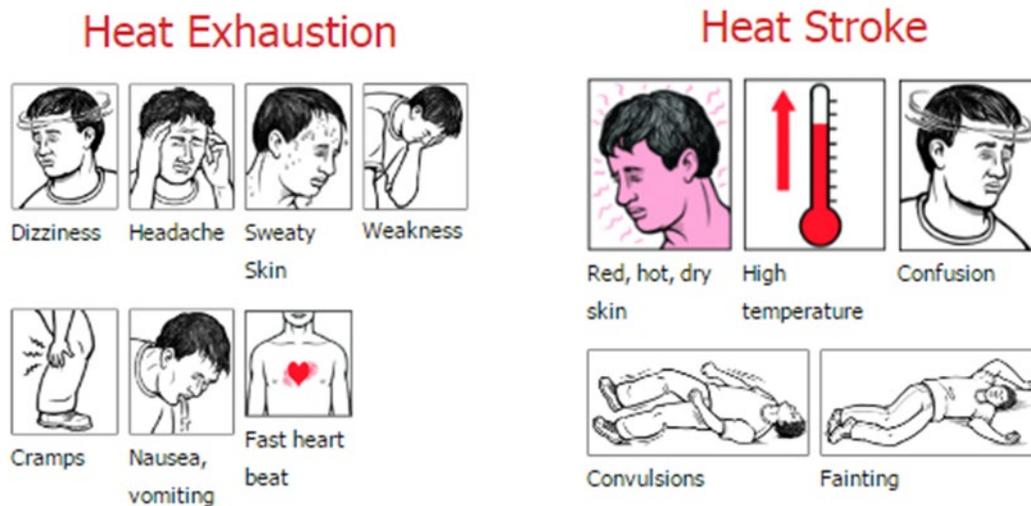
HEAT ADVISORY WARNING

Areas Affected: San Bernardino and Riverside County (Inland Empire)

The California Department of Public Health (CDPH) has issued a heat advisory for San Bernardino and Riverside County. Widespread triple digit temperatures are expected across the Valley, surrounding terrain today, and Wednesday. This will increase the risk for heat related illnesses for the general population and especially for sensitive groups.

Recognize the signs and symptoms of heat illness. Early symptoms include things such as headache, thirst, and muscle cramps. Serious symptoms include weakness, skin that is cool to the touch, fast but weak Pulse, nausea, and fainting. Severe symptoms include hot and red dry skin, fast and strong Pulse, sweating that has stopped, and unconsciousness.

Untreated heat illness can lead to fatal heat stroke.



In addition, CDPH recommends implementing the following measures to keep residents and patients comfortable during extremely hot weather:

- Dress in lightweight, loose-fitting clothing.
- Ensure residents are hydrated, paying particular attention to dependent residents.

- Develop and implement a system to monitor hydration status and be prepared to take appropriate interventions.
- Keep a hydration station readily available to residents, family, and staff.
- Minimize physical activities during the hottest parts of the day.
- Stay indoors and out of the sun during the hottest parts of the day.
- Use fans as indicated in the attached “Fast Facts” sheet on preventing summer heat injuries.
- Open windows where feasible if screens are intact, to allow fresh air to circulate.
- Use cool compresses, misting, showers, and baths to promote cooling.
- Avoid hot foods and heavy meals.
- Encourage frozen treats such as popsicles between meals.
- Be alert to adverse changes in patient and resident conditions that may be heat related.
- Pay special attention to patients and residents with medications that make the patient susceptible to high temperatures, e.g., psychotropic medications.

***For a list of cooling centers please visit <https://211sb.org/>**

Click on: [San Bernardino county Cool Places to Go](#) and it will take you to a list that has the Agency name, Location Phone Number, Address, and Hours of Operation.

For more information, you can also visit the at CDPH at:

<https://www.cdph.ca.gov/Programs/CHCQ/LCP/Pages/Fast-Facts-Summer-Heat.aspx>