

P.O. Box 2009 • 1601 East Hazelton Ave. • Stockton, CA 95201-2009
phone (209) 468.3411 • fax (209) 468.3823 • www.sjcphs.org

FOR IMMEDIATE RELEASE

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Alvaro Garza, MD, MPH
Public Health Officer

CONTACT for this Release:

Krista Dommer

Office Phone: (209) 468-3571

Email: kdommer@sjcphs.org

HOT WEATHER PROJECTED THROUGH THE 4TH OF JULY HOLIDAY - TAKE PRECAUTIONS TO PROTECT YOUR HEALTH STAY COOL, STAY HYDRATED, STAY INFORMED

STOCKTON (June 30, 2015) – Summer is here and so is the hot weather! “Extremely high or unusually hot temperatures can cause sickness or even death, if precautions are not taken,” advises San Joaquin County Public Health Officer, Dr. Alvaro Garza. Many 4th of July celebrations are scheduled during this period of extremely hot weather. Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition such as heart or respiratory ailments. Other high risk conditions include obesity, fever, dehydration, poor circulation, sunburn, and prescription drug and alcohol usage.

Dr. Garza urges everyone to be prepared for sunny, hot weather by taking these necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke:

Stay cool

- Stay in air-conditioned buildings. If you do not have air conditioning, go to a friend’s or family member’s house with air conditioning; visit a public place such as a library, shopping mall, or community center. Visit the website of San Joaquin County Office of Emergency Services at <http://www.sjgov.org/oes/>, to find out if there is an air-conditioned shelter that may be open in your area.
- Limit outdoor activity, especially when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing. Wear sunscreen and shade yourself by using an umbrella or wearing a wide-brimmed, breathable hat.
- Take cool showers or baths or use moist cloths to lower your body temperature.
- Place a desk fan directly in front of you and use a spray bottle of water to cool yourself.
- Cover windows that receive heat from morning or afternoon sun with curtains, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent).
- Keep electric lights off or turned down.
- Minimize use of your oven and stove.
- Never leave children or pets inside a parked vehicle or in direct sunlight, even for a few minutes.

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Stay hydrated

- Drink lots of liquids, especially water, even before feeling thirsty. Avoid alcohol or beverages (including energy drinks) containing high amounts of sugar or caffeine, which can cause dehydration.
- Drink from two to four cups of water every hour while working or exercising outside.
- Make sure your family, friends and neighbors are drinking enough water, too.

Stay informed

- Listen to local news and weather forecasts and stay aware of upcoming temperature changes, extreme heat warnings and safety tips so you can plan activities safely when it's hot outside. Keep your friends, family and neighbors aware of weather and heat safety information, too. Sign up to receive free weather alerts on your phone or e-mails from www.weather.com/mobile.
- Visit the San Joaquin County Office of Emergency Services website, <http://www.sjgov.org/oes/>, for up-to-date local information such as the conditions and cooling centers.
- Discuss heat safety precautions with members of your household. Have an emergency and communications plan for wherever you spend time—home, work and school (refer to BePreparedCalifornia website at www.bepreparedcalifornia.ca.gov/Pages/Home.aspx).
- Plan ways to look after those who are more vulnerable (e.g. the elderly, young, those living alone or have medical conditions) in your family and neighborhood. Make sure that they are well, cool and hydrated as they are more likely to become victims of excessive heat and may need help.
- Know the signs/symptoms and first aid response for heat-related illnesses:

| Heat Exhaustion Symptoms | What You Should Do |
|---|--|
| <ul style="list-style-type: none">• Heavy sweating• Weakness• Skin cold, pale, and clammy• Weak pulse• Fainting and vomiting | <ul style="list-style-type: none">• Move to a cooler location.• Lie down and loosen your clothing.• Apply cool, wet cloths to as much of your body as possible.• Sip water.• If you have vomited and it continues, seek medical attention immediately. |
| Heat Stroke Symptoms | What You Should Do |
| <ul style="list-style-type: none">• High body temperature (above 103°F)* (*104°F taken rectally is the most accurate)• Hot, red, dry or moist skin• Rapid and strong pulse• Possible unconsciousness | <ul style="list-style-type: none">• Call 911 immediately — this is a medical emergency.• Move the person to a cooler environment.• Reduce the person's body temperature with cool cloths or even a bath.• Do NOT give fluids. |

Additional tips for how to stay safe and what to do during an extreme heat-related emergency are available on the following websites:

- San Joaquin County Public Health Services, www.sjcphs.org/Disease/Heat_Emergencies.aspx
- San Joaquin County Office of Emergency Services, www.sjgov.org/oes/
- California Department of Health Services www.bepreparedcalifornia.ca.gov/
- U.S. Centers for Disease Control and Prevention at www.cdc.gov/extremeheat/
- National Weather Services, <http://www.nws.noaa.gov/om/heat/index.shtml>

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Attachments: *It's Hot Outside* (CDC Brochure in English and Spanish)

HEAT EXHAUSTION

Heavy sweating
Weakness
Cold, pale, clammy skin
Fast, weak pulse
Nausea or vomiting
Fainting

WATCH FOR THE SIGNS

Seek medical care **immediately** if you have or someone you know has symptoms of heat-related illness. Warning signs and symptoms vary but may include:

High body temperature
(above 103°F)*
Hot, red, dry or moist skin
Rapid and strong pulse
Possible unconsciousness

HEAT STROKE

*104°F taken rectally is the most accurate

IT'S HOT OUTSIDE!

Extremely hot weather can cause sickness or even death.

STAY COOL. Stay in air-conditioned buildings as much as possible and avoid direct sunlight.

STAY HYDRATED. Drink plenty of water and don't wait until you're thirsty to drink.

STAY INFORMED. Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.

KNOW WHEN IT'S HOT!

Sign up to receive free weather alerts on your phone or e-mails from www.weather.com/mobile

SAN JOAQUIN COUNTY
Public Health Services
Healthy Future

www.cdc.gov/nceh/extremeheat

IT'S HOT OUTSIDE!

STAY COOL.
STAY HYDRATED.
STAY INFORMED.



Centers for Disease
Control and Prevention
National Center for
Environmental Health

Check on the **elderly**, or people aged 65 years or older, to make sure they are safe by staying cool, hydrated, and informed.

People with a chronic medical condition are less likely to sense and respond to changes in temperature. Also, they may be taking medications that can intensify the effects of extreme heat.

During an extreme heat event, check on at-risk friends, family, and neighbors at least twice a day. Encourage them to:

- Check on a friend or neighbor, and have someone do the same for you.
- Avoid using the stove or oven to cook.
- Wear loose, lightweight, light-colored clothing.

FOR MORE INFORMATION

www.cdc.gov/nceh/extremeheat

WHO NEEDS SPECIAL CARE?

The elderly, people with a chronic medical condition, children, homeless or poor, outdoor workers, and athletes are most at-risk to heat sickness.



Most cities offer cooling centers or other air-conditioned shelter to the **homeless or poor** during times of extreme heat.

Never leave **infants or children** in a parked car.

Nor should **pets** be left in parked cars—they can suffer heat sickness too.



Athletes and people who exercise in extreme heat are more likely to become dehydrated and are more likely to get heat sickness.

- Limit outdoor activity, especially mid-day when it is the hottest part of the day.
- Schedule workouts and practices earlier or later in the day to avoid mid-day heat.
- Pace activity. Start activities slowly and pick up the pace gradually.
- Drink from two to four cups of water every hour while exercising. Muscle cramping may be an early sign of heat sickness.

STOP
all activity and get to a cool environment if you feel faint or weak.

People who work outdoors are more likely to become dehydrated and are more likely to get heat sickness.

- Drink from two to four cups of water every hour while working. Don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.

AGOTAMIENTO POR CALOR

Sudor copioso
Debilidad

Piel fría, pálida, húmeda y pegajosa
Pulso rápido o débil
Náuseas o vómitos
Mareos o desmayos

RECUERDE LOS SIGNOS DE ADVERTENCIA

Busque atención médica **inmediata**, si usted o alguien que conoce tiene síntomas de enfermedad por calor. Los signos de advertencia pueden variar pero incluyen los siguientes:

Alta temperatura corporal
(más de 103°F)*

Piel caliente, enrojecida,
seca o húmeda

Pulso rápido y fuerte

Posible pérdida del conocimiento

GOLPE DE CALOR

*104°F medida con termómetro rectal, es más precisa

¡HACE CALOR AFUERA!

Las temperaturas extremadamente calientes pueden causar enfermedades y hasta la muerte.

MANTÉNGASE FRESCO.

Permanezca en edificios con aire acondicionado tanto como sea posible y evite la exposición directa al sol.

MANTÉNGASE HIDRATADO.

Beba suficiente agua y no espere a tener sed para tomar agua.

MANTÉNGASE INFORMADO.

Infórmese sobre el clima local para que pueda planear actividades seguras si hace calor afuera.

¡ENTÉRESE SI HARÁ CALOR!

Consulte las noticias locales para enterarse de alertas de calor extremo y consejos de seguridad.

SAN JOAQUIN COUNTY
Public Health Services
Healthy Future

www.cdc.gov/nceh/extremeheat

¡HACE CALOR AFUERA!

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Centers for Disease
Control and Prevention
National Center for
Environmental Health

Esté pendiente de las **personas mayores**, o de 65 años de edad o más, para asegurarse de que están bien, y se mantienen frescos, hidratados e informados.

Las personas con una afección crónica tienen menos probabilidad de sentir y reaccionar a los cambios de temperatura. Además, pueden estar tomando medicamentos que pueden empeorar el efecto del calor extremo.

En épocas de calor extremo, esté pendiente de amigos, familiares y vecinos que pueden estar a riesgo, visitándoles o llamándoles dos veces al día. Recomiéndeles que:

- Estén pendientes de algún amigo vecino y pidan a alguien que haga lo mismo por ellos.
- Eviten usar la estufa o el horno para cocinar.
- Usen ropa ligera, de color claro y que no apriete.

PARA MÁS INFORMACIÓN:

www.cdc.gov/nceh/extremeheat

¿QUIÉNES NECESITAN ATENCIÓN ESPECIAL?

Las personas de edad avanzada, las que tienen afecciones crónicas, las que no tienen hogar o son pobres, los trabajadores al aire libre y los deportistas tienen un mayor riesgo de sufrir enfermedades por calor.



La mayoría de las ciudades cuentan con centros para refrescarse u otros refugios con aire acondicionado para las **personas pobres o sin hogar** durante épocas de calor extremo.

Nunca deje a **bebés o niños** en un auto estacionado.

Tampoco deje a las **mascotas** en los autos estacionados ya que también pueden sufrir de enfermedades por calor.



Los deportistas y las personas que hacen ejercicio en condiciones de calor extremo tienen más probabilidad de deshidratarse y enfermarse por el calor.

- Limite las actividades al aire libre, especialmente durante el mediodía cuando hace más calor.
- Programe los ejercicios y las prácticas temprano o más tarde en el día para evitar el calor del mediodía.
- Controle el ritmo de la actividad. Empiece despacio y aumente la intensidad poco a poco.
- Beba de dos a cuatro vasos de agua cada hora mientras está haciendo ejercicio. Los calambres musculares pueden ser una señal temprana de enfermedad por calor.

Las personas que trabajan al aire libre tienen más probabilidad de deshidratarse y de enfermarse por calor.

- Beba de dos a cuatro vasos de agua cada hora mientras está trabajando. No espere a tener sed para beber agua.
- Evite las bebidas alcohólicas o con mucho azúcar.
- Aplíquese filtro solar y replíquelo según las instrucciones del envase.
- Pregunte si puede realizar sus labores más temprano o más tarde en el día para evitar el calor del mediodía.

PARE
toda actividad y
diríjase a un sitio
fresco si se siente
débil o mareado.