

## **FOR IMMEDIATE RELEASE**

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### **EXCESSIVE HEAT WATCH FOR SAN JOAQUIN COUNTY** *Hot Weather Forecast into Next Week*

STOCKTON, CA (August 8, 2012) - The National Weather Service predicts increasing temperatures over 100 degrees that will last for the next several days and into next week throughout the region. Temperatures this hot can cause undue stress on the human body, as well as pets and livestock. A prolonged period of hot temperatures may lead to the serious medical conditions of heat stroke or heat exhaustion. Public health officials urge the public to be prepared and take precautions to prevent heat stress. San Joaquin County Health Officer, Dr. Karen Furst emphasizes, "Heat stress can result in heat stroke, heat exhaustion, heat cramps, or heat rashes, so it is also important to be aware of dangerous heat related symptoms."

Dr. Cora Hoover, Assistant Health Officer of San Joaquin County adds, "Groups especially at risk for heat stress are the elderly, adults with disabilities, chronically ill, children under 4 years old and anyone who works or exercises vigorously outdoors." Some health conditions such as obesity, fever, dehydration, heart disease, poor circulation, sunburn and drug and alcohol use can make it harder for the body to stay cool in hot weather.

#### **HOT WEATHER PRECAUTIONS and PREPAREDNESS ACTIONS:**

- Drink plenty of water; and avoid caffeine and alcohol which can promote dehydration.
- Stay cool in an air conditioned room or building.
- Wear light weight, light-colored, and loose-fitting clothing.
- Avoid strenuous activity during the hottest part of the day.
- Never leave children, seniors or pets in a parked car.
- Check-up on relatives and neighbors.

#### **WARNING SIGNS OF EARLY HEAT STRESS:**

- heavy sweating
- muscle cramps
- headache

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- nausea or vomiting
- tiredness
- weakness
- dizziness
- fainting

**HEAT-RELATED SYMPTOMS THAT REQUIRE IMMEDIATE MEDICAL ATTENTION:**

- confusion or unconsciousness
- hot and dry skin (no sweating)
- elevated body temperature
- rapid heart rate
- shallow breathing

**If you see someone with these symptoms:**

- immediately call 9-1-1
- begin aggressive cooling measures
  - cool victim with water
  - place large soaking wet cold towels or sheets over the victim, or immerse the victim in a tub of cool water
  - place ice packs in the underarm and groin areas

Due to the rising temperatures forecasted for San Joaquin County, officials will continue to closely monitor weather reports. For more information about extreme heat, visit the San Joaquin County Public Health Services website at [www.sjcphs.org/Disease/Heat\\_Emergencies.aspx](http://www.sjcphs.org/Disease/Heat_Emergencies.aspx).

Additional information and tips on preventing heat stress are available on the following web sites:

- California Department of Public Health (CDPH) - [www.bepreparedcalifornia.ca.gov](http://www.bepreparedcalifornia.ca.gov)
- Cal/OSHA - [www.dir.ca.gov/HeatIllnessInfo](http://www.dir.ca.gov/HeatIllnessInfo)
- California Emergency Management Agency (Cal EMA) - [www.calema.ca.gov/Pages/default.aspx](http://www.calema.ca.gov/Pages/default.aspx)
- Centers for Disease Control and Prevention - [www.cdc.gov/niosh/topics/heatstress/#type](http://www.cdc.gov/niosh/topics/heatstress/#type)

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**Attachments:** Beat the Heat flyers (English and Spanish)