

**Public Service Announcement –**  
September 30, 2008



Released by:  
Florence Neglia  
Director, Health Promotion  
and Professional Development  
(951) 358-4977

County of Riverside  
Health Promotion and Professional Development  
3900 Sherman Drive  
P.O. Box 7600  
Riverside CA 92513



Contact Persons:  
Lois J. Carson  
Executive Director  
Community Action Partnership  
of Riverside County  
(951) 955-4900

Florence Neglia  
Director, Health Promotion  
and Professional Development  
(951) 358-4977



---

**HOT WEATHER KILLS**  
**“HEAT ADVISORY”**

The Riverside County Department of Public Health has issued a “**Heat Advisory**” for Riverside County Desert areas. Temperatures are expected to reach 105° for at least 3 hours on October 1, 2008.

Be aware of the following signs of heat related illness:

- Headache
- Dizziness
- Muscle weakness or cramps
- Nausea and vomiting

Recommendations for avoiding heat related emergencies include:

- Drink water to prevent dehydration
- Avoid direct sunlight
- Stay indoors and make every attempt to stay cool
- Close your blinds or curtains to minimize the heat
- Visit a mall, library, or restaurant to stay cool
- Do not leave children, elderly, disabled individuals and pets inside vehicles
- Frequently check your neighbor and love ones during a heat wave

For more information call toll free, Monday through Friday, 8:00a.m. – 5:00p.m.

**SUMMER CRISIS HOTLINE**  
**1-888-636-8676**

**For General Information Call 2-1-1 (24 hours/day)**  
or visit: [www.capriverside.org](http://www.capriverside.org)