



Heat Warning – COOL CENTERS TO BE ACTIVATED COUNTYWIDE

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A heat warning is being issued across Riverside County as temperatures are expected to climb to well into the triple digits on Thursday and Friday (July 24-25). Cool centers in the affected areas will be open to provide relief to residents.

Individuals susceptible to excessive heat, including the elderly and families with young children, are encouraged to visit a cool center if necessary during extended periods of excessive heat. Cool Centers will provide snacks and water, in addition to activities and resource information.

Riverside County health officials are urging residents in the Coachella Valley and desert areas, where temperatures regularly reach triple digits during the summer, that the high temperatures can still pose dangers to those who believe they are acclimated to the heat.

"When you get temperatures like those being predicted, it presents a particularly dangerous situation," said Dr. Cameron Kaiser, public health officer for Riverside County. "Taking extra precautions can make a big difference."

Kaiser reminded those who will be driving long distances to check their vehicles to make sure they are running properly and to carry extra water in the car. Drivers are also urged to never leave children, the elderly or pets in a parked vehicle even for a short period of time.

People with the following symptoms should try to remain in a cool place and drink water to prevent dehydration:

- * Headache
- * Dizziness
- * Weakness or muscle pains
- * Nausea and vomiting

For more information or for a list of cool center locations, call (888) 636-8676 or visit www.rivcohealthdata.org. Speech or hearing impaired individuals may call TTY (951) 955-5126. For a list of summer-weather information and health recommendations, visit www.capriverside.org.

The heat advisories and cool centers are services offered by the Community Action Partnership of Riverside County, Riverside County Department of Public Health, Riverside County Fire Department, Community Connect, and the American Red Cross.