



Heat Warning – COOL CENTERS TO BE ACTIVATED COUNTYWIDE

Date: 9/11/14

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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 through the weekend (Sep 12-14). 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 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 particularly urging residents in the Coachella Valley and desert areas, where temperatures regularly reach triple digits during the summer, that the high temperatures can pose dangers to those who believe they are acclimated to the heat.

"The predicted temperatures are a reminder that summer isn't quite over, and we need to be mindful of the impact that extreme heat can have on our health," 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 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.



ADVERTENCIA DE ALTAS TEMPERATURAS –

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El Departamento De Salud Público del Condado de Riverside, ha enviado un Advertencia de Alta Temperaturas para la mayoría de los áreas del Condado. Centros para refrescarse o llamados "Cool Centers" están abiertos.

Se espera que la temperatura alcance ó que exceda los 97° grados durante los próximos tres a cinco días consecutivos. Los Centros para refrescarse o llamados "Cool Centers" estarán abiertos al público. Los cool centers proporcionarán bocadillos y agua, además de actividades e información sobre recursos.

Personas con los siguientes síntomas deben tratar de permanecer en un lugar fresco y tomar agua para prevenir la deshidratación:

Esté atento a los siguientes síntomas de los malestares por calor excesivo:

- Dolor de cabeza
- Mareos
- Debilidad ó dolor de músculos
- Náusea y vómito

Información sobre las advertencias de calor serán colocadas en los cool centers y en la pagina Web www.capriverside.org. Para más información o para obtener una lista de los cool centers disponibles, llame al (888) 636-8676 o visite www.rivcohealthdata.org/. Personas con problemas auditivos pueden llamar TTY (951) 955-5126.

Los avisos de calor y los cool centers son servicios ofrecidos por la Asociación de Acción Comunitaria del Condado de Riverside, el Departamento de Salud Publica del Condado de Riverside, Departamento de Bomberos del Condado de Riverside, Community Connect, y la Cruz Roja Americana.