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Riverside County health officials urge residents to take precautions as temperatures expected to rise

With temperatures expected to reach triple-digits in parts of Riverside County, health officials are urging the community to take precautions against the heat and remind residents about the availability of cool centers located throughout the county.

The National Weather Service is predicting higher temperatures over the next seven to 10 days, with some areas of Riverside County reaching the 100 degree mark and higher. It is the first prolonged heat wave of the year and health officials are concerned that residents may not be prepared.

“High temperatures always present challenges, but the first heat wave of the year can be particularly dangerous since people may have forgotten the danger high temperatures can present,” said Sarah Mack, director of Riverside University Health System-Public Health. “There are some simple precautions that people can take to protect themselves.”

Among the precautions, officials suggest residents drink water to prevent dehydration; avoid direct sunlight and stay indoors when possible; close blinds or curtains to minimize the heat; visit a mall, library, or restaurant to stay cool; and make sure not to leave children, elderly, disabled individuals or pets inside unattended vehicles.

High temperatures can be hazardous for many people, especially for the elderly and those with medical conditions. Heat-related injuries such as [heatstroke](#), an illness that occurs when the

body can no longer regulate its temperature, can strike fast and pose life-threatening consequences.

Residents looking to escape the heat can stop by one of about 50 cool centers being operated throughout Riverside County. The cool centers are coordinated by the Community Action Partnership of Riverside County, in conjunction with Riverside University Health System – Public Health, and are located in local libraries, senior and community centers. Light refreshments and water will be available at the locations.

“The cool centers offer safety and comfort for residents and visitors throughout Riverside County,” said Brenda Salas Freeman, executive director of the Community Action Partnership of Riverside County.

For a list of cooling center locations, visit www.rivcoph.org or www.capriverside.org

Here are some of the signs of symptoms of heat-related illness:

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