

**SAN BERNARDINO COUNTY OFFICE OF EMERGENCY SERVICES
TIPS TO PREVENT HEAT-RELATED ILLNESSES**

GENERAL TIPS

- Never leave infants, children or the frail elderly unattended in a parked car.
- Drink plenty of fluids. Don't wait until you're thirsty.
- Dress in lightweight, loose-fitting clothing. Use a hat and sunscreen as needed.
- Drink fruit juice or a sports beverage to replace salts and minerals lost during heavy sweating. (If a client/resident is on a low-sodium diet, check with his/her physician first.)
- During the hottest parts of the day, keep physical activities to a minimum and stay indoors in air-conditioning and out of the sun.
- Use fans as needed.
- Open windows to allow fresh air to circulate when appropriate.
- Use cool compresses, misting, showers and baths.
- Avoid hot foods and heavy meals—they add heat to the body. Eat frozen treats.

POWER OUTAGES

- If your power goes off for more than a few minutes, call Southern California Edison at 800-611-1911

HEAT STROKE AND HEAT EXHAUSTION

Heat stroke—which occurs when the body can't control its temperature—may result in disability or death if emergency treatment is not given. Heat exhaustion occurs when the body loses a large amount of water and salt contained in sweat.

<p>Warning signs of <u>heat stroke</u> vary, but may include:</p> <ul style="list-style-type: none">• An extremely high body temperature (above 103 degrees Fahrenheit, orally)• Unconsciousness• Dizziness, nausea and confusion• Red, hot and dry skin (no sweating)• Rapid, strong pulse• Throbbing headache	<p>Warning signs of <u>heat exhaustion</u> vary, but may include:</p> <ul style="list-style-type: none">• Heavy sweating• Muscle cramps• Weakness• Headache• Nausea or vomiting• Paleness, tiredness, dizziness
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WHAT TO DO

If you see any of these signs for heat stroke or heat exhaustion, you may be dealing with a life-threatening emergency and should do the following:

- Have someone **call 911** while you begin cooling the victim.
- Get the victim to a shady area.
- Cool the victim rapidly with a cool bath or shower, or by sponging with cool water, until body temperature drops to 101-102 degrees Fahrenheit, orally.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Again, get medical assistance as soon as possible.

If a victim's muscles twitch uncontrollably as a result of heat stroke, keep the victim from injuring him/herself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his/her side.

ELDERLY AND AT-RISK POPULATIONS

To report a senior or disabled adult who may be at risk due to the high temps, call 1-877-565-2020.

For general information call the Senior Information and Assistance staff (SIA) at 800-510-2020. This number will put the caller in touch with SIA staff in the geographic area of the caller.

GENERAL INFORMATION AND RESOURCES

For more information on resources for residents, please call 2-1-1 or (888) 435-7565.