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Riverside County health officials urge residents to stay cool in extreme heat

With extreme temperatures expected in parts of Riverside County, health officials are reminding residents to stay safe in the heat and to take advantage of cool centers located throughout the county.

The National Weather Service predicts triple-digit temperatures to peak Sunday, August 27 through Wednesday, August 30 for areas throughout Riverside County.

“When it gets this hot, it can be dangerous, especially for the elderly and those with certain medical conditions. Just a few precautions will help you stay safe,” said Dr. Cameron Kaiser, county public health officer.

Kaiser advises limiting outdoor activity, remaining indoors in air-conditioned buildings, wearing loose and light-colored clothing, taking cool showers or baths and drinking lots of water. Avoid drinking alcohol or liquids containing high amounts of sugar. Make sure not to leave children, elderly, disabled individuals or pets inside unattended vehicles.

Signs of heat-related illness can include: headache, dizziness, muscle weakness or cramps, and nausea and vomiting.

Riverside County residents without access to air-conditioning are urged to visit their local cool centers. Coordinated by the Community Action Partnership of Riverside County, in conjunction with Riverside University Health System – Public Health, more than 50 cool centers are located in local libraries, senior and community centers. Light refreshments and water will be available at some locations. Cool centers also offer activities, resources and referrals to other service programs.

“We encourage anyone looking to escape the heat to visit the cool centers or other cool places in their communities,” said Brenda Salas Freeman, executive director of Community Action Partnership of Riverside County.

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

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