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Contact:

Jose Arballo Jr., RUHS-Public Health

Senior Public Information Specialist

Office: 951.358.5599 Cell: 951.712.3705

Email: [jarballo@rivcocha.org](mailto:jarballo@rivcocha.org)

## **Triple-digit temps predicted in RivCo; health officials urge residents to take precautions, use cool centers**

The National Weather Service has issued an excessive heat warning for Riverside County -- with temperatures expected to reach triple-digits in some areas -- and has prompted health officials to remind residents to take precautions to protect their health.

Some areas of the Coachella Valley are predicted to reach between 110-117 over the next several days.

Officials are urging residents to visit one of more than 50 cool centers located throughout the county. Individuals who are particularly susceptible to excessive heat, including the elderly and families with young children, are encouraged to visit a cool center. The centers will provide snacks and water, in addition to activities.

Residents and workers in the Coachella Valley and desert areas are encouraged to

limit their time outdoors and avoid strenuous activities, even for 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

The cool centers are coordinated by Community Action Partnership of Riverside County, which is part of Riverside University Health System-Public Health.

For information about how to stay cool, or cool centers locations, go to [www.capriverside.org](http://www.capriverside.org)