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Health officials issue heat warning for Riverside County residents

Riverside County residents are urged to take precautions against the heat as temperatures could reach triple digits throughout parts of the region today and into the weekend, according to the National Weather Service.

According to Riverside County Public Health Officer Dr. Cameron Kaiser residents should stay hydrated by drinking lots of water, limit outdoor activity, stay indoors in air-conditioned buildings, wear loose and light-colored clothing and take cool showers or baths. Also, Dr. Kaiser recommends avoiding drinking alcohol or liquids that contain high amounts of sugar.

“Extreme heat can be dangerous and even life-threatening, especially for the elderly population, those with medical conditions and for anyone working outdoors,” said Kim Saruwatari, Director, Riverside University Health System – Public Health. “The good news is that cool centers are located throughout the County, offering all residents a place to safely escape the heat.”

Coordinated by Community Action Partnership of Riverside County, in conjunction with the health department, cool centers are located in local libraries, senior and community centers. Light refreshments and water will be available at some locations.

For a list of cooling center hours and locations, visit www.capriverside.org

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