



Heat Warning – Riverside County

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A Heat Warning is being issued for all of Riverside County as temperatures are predicted to climb to well above 100 degrees in some locations over next seven to 10 days.

The predicted spike in temperatures has prompted Riverside County Public Health Officer Dr. Cameron Kaiser to urge vulnerable residents to stay indoors when possible and for everyone to refrain from outdoor physical activities during the hottest parts of the day.

“Some areas of the county can get triple-digit temperatures from time to time, but they can always be hazardous even if you think your body's used to it,” said Kaiser. “It wouldn't take long in this heat to make you ill, and the consequences could be dire.”

Residents are welcome to use any of the 54 Cool Centers that will be open to the public throughout the county.

Individuals susceptible to heat, such as the elderly, disabled and families with young children are encouraged to visit a Cool Center during the next few days. Cool Centers will provide water and snacks, in addition to activities and resource information.

For more information or for a list of Cool Center locations, call 888-636-8676 or visit www.capriverside.org. For a list of summer-weather information and health recommendations, visit www.rivcoph.org. Contact the nearest Cool Center to learn hours of operation.

People with the following symptoms should try to remain in a cool place and drink fluids to prevent dehydration: headache, dizziness, weakness or muscle pains, nausea and vomiting.

The heat warnings and Cool Centers are services offered by the Community Action Partnership of Riverside County, Riverside University Health System-Public Health, Riverside County Fire Department, 211 Community Connect and the American Red Cross.