



San Bernardino County Department of Public Health  
Preparedness and Response



## Extreme Heat

Health Threats from Extreme Heat	
<b>Who is at greatest risk for heat-related illness?</b>	Risk of illness is high for infants and children up to four years old, people 65 years of age and older, people who are overweight, and anyone who is ill or on medications.
<b>What can happen to me in extreme heat?</b>	<p>Heat stroke is the most serious heat-related illness.</p> <p>It occurs when the body is unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down.</p> <p>Body temperature can rise to 106 degrees or higher within 10-15 minutes.</p> <p>Heat stroke can cause death or permanent disability if emergency treatment is not provided.</p>
<b>Signs and Symptoms of Heat Stroke</b>	<p>Warning signs vary but may include the following:</p> <ul style="list-style-type: none"> <li>• An extremely high body temperature (above 103° F)</li> <li>• Red, hot, and dry skin (no sweating)</li> <li>• Rapid, strong pulse</li> <li>• Throbbing headache</li> <li>• Dizziness, Nausea, Confusion, Unconsciousness</li> </ul> <p><b>Get medical help as soon as possible.</b></p>
<b>How can I protect myself?</b>	<p>Drink more fluids, regardless of your activity level. Don't wait until you are thirsty.</p> <p>Do not drink liquids that contain caffeine, alcohol, or large amounts of sugar - these can actually cause you to lose more body fluid.</p> <p>Stay indoors in an air-conditioned place. If none at home, visit a local shopping mall, senior center, public library, or other public facility.</p>
<b>If you must be out in the heat</b>	<p>Limit your outdoor activity to morning and evening hours.</p> <p>Cut down on exercise. If you must exercise, drink 2 to 4 glasses of cool, nonalcoholic fluids each hour. Sports drinks replace salt and min</p> <p>Try to rest in shady areas.</p> <p>Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses, and by putting on sunscreen of SPF 15 or higher.</p>
<b>Protect the elderly</b>	<p>Visit older adults at risk at least twice a day and watch for signs of heat exhaustion or heat stroke.</p> <p>Take them to an air-conditioned location.</p> <p>Never leave anyone in a closed, parked vehicle.</p>