



# COUNTY OF ORANGE – HEALTH CARE AGENCY

# PRESS RELEASE

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## High Temperatures Bring Risk of Heat-Related Illnesses

**(Santa Ana)** - Many inland Orange County communities are expected to record high temperatures of over 90° this weekend and early next week, increasing the risk of heat related illnesses like heat exhaustion and heat stroke for those who are more sensitive to the heat.

Prolonged exposure to excessive temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

- Drink plenty of water; don't wait until you are thirsty.
- Wear light, loose-fitting clothing.
- Avoid unnecessary sun exposure; wear a hat, preferably with a wide brim, when in the sun and use sunscreen.
- Avoid unnecessary exertion if you are outside or in non-air conditioned buildings. If you are working outdoors, take frequent rest and refreshment breaks in a shaded area.
- Never leave children, elderly people or pets unattended in closed cars or other vehicles.
- Check on those who are at high risk to make sure they are staying cool – including seniors who live alone, people with heart or lung disease, and young children.
- Stay cool indoors - if your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at [www.CDC.gov](http://www.CDC.gov).

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