



For Immediate Release:

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Heat Alert: Hot Weather Hits LA County

Triple-digit temperatures expected in the San Fernando Valley, Santa Clarita and the Antelope Valley

LOS ANGELES – The County Health Officer is issuing a Public Health Alert due to the National Weather Service’s forecast that hot weather will affect portions of Los Angeles County today through Sunday. Temperatures are expected to go above 100 degrees in the San Fernando Valley, Santa Clarita and the Antelope Valley.

“When the temperature is this high, prolonged sun exposure may cause dehydration, heat cramps, heat exhaustion, and heat stroke,” said Jonathan E. Fielding, MD, MPH, Director of Public Health and Health Officer. “To stay hydrated, carry water in a bottle or container so you have it handy to drink. Check on elderly people or others you know that do not have air conditioning to make sure they are staying cool. Also, never leave children, elderly people, or pets unattended in closed vehicles, since temperatures can quickly rise to life-threatening levels.”

If you plan to be outdoors, take precautions to protect yourself from the heat. Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, muscle cramps, and increased thirst. Individuals with these symptoms should be moved to a cooler, shaded place and given water or sport drinks. More severe symptoms such as diminished judgment, disorientation, pale and clammy skin, a rapid and weak pulse, and/or fast and shallow breathing may indicate heat exhaustion or impending heat stroke and requires immediate medical attention.

Several tips for beating the heat include:

- Wear light, loose-fitting clothing.
- Drink water or electrolyte-replacing sports drinks often (do not wait until you are thirsty), and avoid drinking alcohol.
- Offer help to those in your neighborhood with limited access to air conditioning and transportation, such as seniors or those who are ill. Check on them frequently or take them to a location with air conditioning.
- During peak heat hours stay in an air-conditioned area. If you don’t have access to air conditioning in your home, visit public facilities such as shopping malls, parks, and libraries to stay cool.
- Avoid unnecessary exertion, such as vigorous exercise during peak sun hours, if you are outside or in a non-air conditioned building.
- Stay out of the sun if you do not need to be in it. When in the sun, wear a hat, preferably with a wide brim, and loose-fitting clothing with long sleeves and pants to protect yourself from sun damage.

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Public Health News

The county of Los Angeles has several cooling centers available for seniors or those looking for a place to beat the heat. A list of these centers can be found at <http://www.ladcsc.org>.

For the city of Los Angeles, residents can call (213) 228-7000 or visit <http://www.lapl.org/branches> to find a cooling center at a library, or visit <http://www.lacity.org/RAP/dos/senior/senior.htm> for a list of Senior Citizen Centers. Hours of operation for Recreation and Parks facilities can be found at www.laparks.org.

The Department of Public Health is committed to protecting and improving the health of the nearly 10 million residents of Los Angeles County. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and community and family health. Public Health comprises more than 4,000 employees and an annual budget exceeding \$750 million. To learn more about Public Health and the work we do, please visit <http://www.publichealth.lacounty.gov>.

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