



## Public Health Department

Jeff Hamm  
Health Agency Director

Penny Borenstein, M.D., M.P.H.  
Health Officer



**Public Health**  
Prevent. Promote. Protect.

### ***PUBLIC HEALTH ALERT***

May 13, 2014

**CONTACT:**

Michelle Shoresman, Public Health  
Emergency Preparedness Manager, PIO  
**788-2067**

### **PROTECT YOURSELF AS THE MERCURY RISES**

Temperatures in San Luis Obispo County may top 105 degrees in parts of the county this week and throughout the summer. In hot summer conditions, the Public Health Department urges people to take precautions against heat related illness, monitor themselves and others for signs and symptoms of heat related illness and call for medical aid as necessary.

Anyone can be overcome by extreme heat, but some people are at higher risk than others. They include the elderly, the very young, and people with mental illness and chronic diseases.

Signs and symptoms of heat related illness may vary but can include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.

A life threatening condition resulting from heat exposure known as Heat Stroke can also occur, and has symptoms such as: an extremely high body temperature (above 103°F, orally), red, hot, and dry skin (no sweating), rapid, strong pulse, throbbing headache, dizziness, nausea, confusion and unconsciousness.

Air conditioning is the number one protective factor against heat related illness and death.

To protect against heat related illness, the Public Health Department recommends:

- Stay indoors (preferably in an air conditioned space, if available).
- Drink plenty of non-alcoholic fluids
- Schedule outdoor activities for early morning or late evening, if possible. If you must go outside, be sure to wear sunscreen and light colored, loose fitting clothing to protect yourself.
- Do not leave pets and children in unattended vehicles and monitor closely for heat related illness.

If you have any further questions, please contact the San Luis Obispo County Public Health Department at (805) 781-5500.

###