

HEAT ADVISORY: SAN MATEO COUNTY PUBLIC HEALTH OFFICIALS URGE RESIDENTS TO STAY COOL

San Mateo, Calif. — High temperatures are expected in the southern, bayside region of San Mateo County Tuesday through Thursday, with temperatures climbing into the mid-90s. High temperatures can cause heat stroke, a life threatening emergency. In the summer of 2000, a heat wave contributed to the deaths of several San Mateo County residents. Children, the elderly, and adults with disabilities may be more at risk for heat stroke and heat exhaustion. San Mateo County public health officials offer the following tips for staying cool:

Drink plenty of water or other non-alcoholic fluids

Stay indoors in the coolest part of the house, especially between 12 noon and 6 p.m.

A shady spot outdoors may be cooler than in the house, especially if there is a breeze

Schedule outside activities before noon or in the evening

Wear lightweight, light-colored, loose-fitting clothing

Keep a container of cool water nearby and use wet washcloths to pat the wrists, face and back of neck

Use small battery-operated hand-held fans and misters

Wear a wide-brimmed hat when in the sun

Go to an air conditioned place—spend a few hours at the library, in a movie or at a mall or restaurant

Early warning signs of heat exhaustion include:

- Muscle cramps
- Nausea
- Headache
- Fatigue
- Increased sweating

Symptoms of heat stroke, a life-threatening emergency, include:

- Confusion
- Coma
- Hot, dry skin (no sweating)

- Elevated body temperature
- Rapid heart rate
- Shallow breathing

If you suspect someone is suffering from heat stroke:

- Immediately call 9-1-1 and begin aggressive cooling measures

Remove victim's clothing

Cool victim with water: Place large soaking wet cold towels or sheets over the victim or immerse the victim in a tub of cool water

- Place ice packs in the underarm and groin areas

For more information, contact:

Doris Estremera, (650) 573-2208

San Mateo County Health Department