



NEWS RELEASE

Public Health

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County issues Heat Advisory, high heat temperatures expected



San Bernardino County Health Officer Dr. Michael Sequeira issued a heat advisory today as extreme heat is expected to continue through the weekend. This marks the start of a hot summer season, urging the public to take necessary precautions during heat waves.

“The summer heat can pose significant health risks, and it is crucial for individuals to be aware of these risks and take necessary precautions. Heat-related illnesses, such as heat exhaustion and heat stroke, can be life-threatening, especially for vulnerable populations,” Sequeira said. “By staying cool, staying hydrated, and staying informed, we can protect ourselves and our loved ones from the dangers of extreme heat. Summer heat awareness is not just about comfort; It is a matter of public health and safety.”

Residents are encouraged to learn the [warning signs and symptoms of heat-related illness](#) and are advised to take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke by following the tips below.

Stay cool

- Stay in air-conditioned buildings.
- Find an air-conditioned cool location open to the public by visiting [San Bernardino County Cool Places to Go](#) or by dialing the United Way’s toll-free resource telephone line at 2-1-1. Seniors can also take advantage of the Senior Information and Assistance Hotline at 1-800-510-2020.
- Do not rely on a fan as a primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day. Avoid direct sunlight and stay in shaded areas when possible.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower body temperature.
- Check on at-risk friends, family, and neighbors at least twice a day.
- Never leave infants or children, or pets in a parked car, even if the windows are open.

Stay hydrated

- Drink water more than usual and don’t wait until thirst sets in to drink.
- Drink from two to four cups of water every hour while working.
- Avoid liquids containing high amounts of sugar and caffeine.

- Make sure family, friends and neighbors are drinking enough water.

For Pets

Pets are vulnerable to high temperatures too but are unable to vocalize their distress. Some signs of heat distress in pets can include heavy panting, difficulty breathing, lethargy, excessive thirst, and vomiting. Help prevent a heat emergency by taking these steps.

- Leave pets extra water.
- Bring pets inside during periods of extreme heat.
- Ensure pets have plenty of shade if kept outside. Remember, the shade pets have in the morning will either change or diminish as the sun moves throughout the day and may not protect them.
- Don't force animals to exercise when it is hot and humid. Exercise pets early in the morning or late in the evening when temperatures are cooler.
- Do not let pets stand on sidewalks or hot asphalt to avoid burning their paws.
- Never leave pets in a parked vehicle. Even in the shade with windows cracked, temperatures can reach over 120 degrees inside.

Stay informed

Before, during, and after emergencies, San Bernardino County departments and partner agencies work together to improve emergency management and protect lives. Stay informed about disasters and emergencies by visiting the County's Preparedness Starts Here website at prepare.sbcounty.gov.