

FOR IMMEDIATE RELEASE

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Public Health: As Heatwave Looms, Monitor Those at Elevated Risk for Heat-Related Illness

RIVERSIDE, CA (July 22, 2026) – With temperatures expected to jump into the triple digits across parts of Riverside County, Riverside University Health System – Public Health (RUHS – PH) officials urge residents to take precautions against heat-related illness, for themselves and those considered most vulnerable to extreme heat.

The National Weather Service has issued a [Heat Advisory](#) for Riverside County valleys, including the cities of Corona, Riverside and Moreno Valley, from 10 a.m. Wednesday through 8 p.m. Monday, warning of high temperatures peaking at 108 degrees. An [Extreme Heat Warning](#) was issued for the Coachella Valley and San Geronio Pass from 10 a.m. Wednesday through 8 p.m. Monday, cautioning that temperatures in the region may hit 118 degrees.

“Heat illness can overwhelm a person quickly, especially those who work or exercise outdoors, children and the elderly,” said Riverside County Deputy Public Health Officer Dr. Shunling Tsang. “Awareness is critical. Know the symptoms of heat illness and check on those who are most at-risk for serious illness during hot conditions.”

Heat stroke occurs when the body is no longer able to control its temperature. Warning signs include confusion, loss of consciousness, hot and dry skin (though sweating may still occur in some cases) and seizures. Prompt medical attention is required.

Heat exhaustion may include headache, nausea, dizziness, weakness, thirst, heavy sweating and irritability. It can be treated by moving to a cool, shaded area, removing unnecessary clothing and drinking sips of cool water. If symptoms worsen or last longer than one hour, seek medical attention.

In 2025, Riverside County recorded 1,027 emergency department visits and 21 deaths due to heat-related illness, according to the RUHS - PH [Heat-Related Illness Dashboard](#), with the highest number of incidents in August. So far this year, there have been 732 heat-related emergency department visits and three deaths – the highest weekly totals of 2026 have been the first two weeks of July.

Safety tips include:

- Drink plenty of water—even if you don't feel thirsty.
- Wear lightweight, light-colored, loose-fitting clothing.
- Avoid strenuous activity outdoors, take breaks and stay in the shade.
- Keep a friend nearby, especially if you are outdoors for an extended period.
- Check on elderly neighbors, children and pets.
- Never leave children or pets inside a parked car, even for a short time.

To escape the heat, air-conditioned [cool centers hosted by Community Action Partnership of Riverside County](#) are available countywide. Libraries, community centers and malls are also options for a quick cool down.

For more information, visit www.ruhealth.org/ruhs-public-health.

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About Riverside University Health System – Public Health

Riverside University Health System – Public Health (RUHS - PH) serves as Riverside County's public health department. RUHS-PH offers a range of services and programs to promote and protect the health of all county residents and visitors in service of the well-being of the community. RUHS includes the 439-bed Medical Center in Moreno Valley, Calif., 14 Community Health Centers across Riverside County, and Behavioral Health, which provides emergency and inpatient psychiatric care. Visit www.ruhealth.org to learn more.