



**FOR IMMEDIATE RELEASE**

July 9, 2024

## **Riverside County Health Officials Urge Precautions as Excessive Heat Conditions are Expected This Week**

MORENO VALLEY, CA (July 9, 2024) – Riverside County health officials have issued guidance as temperatures are expected to soar well into triple digits this week. Temperatures are projected to reach 110 degrees in western Riverside County, and up to 122 degrees in the Coachella Valley. The heat wave is expected to last through Thursday night, July 11.

“During times of extreme heat, it is imperative to ensure your own safety as well as those around you,” said Public Health Officer Dr. Geoffrey Leung. “If you know anyone who is susceptible to heat-related illness, like older adults and those with chronic health conditions, check on their well-being and ensure they have the means to remain cool.”

Leung advises limiting outdoor activity, remaining indoors in air-conditioned buildings, wearing loose and light-colored clothing, taking cool showers or baths and drinking lots of water. Avoid drinking alcohol or liquids containing high amounts of sugar. If you must go outside, avoid the hottest hours of the day, wear sunscreen and take numerous breaks.

“Take this heat seriously, even if you’re healthy,” Leung said. “Just a few precautions can help you stay safe. Even remaining outdoors for short periods of time can negatively impact your health.”

Riverside County opened Cool Centers for residents who do not have access to air conditioning. A full list of Cool Center locations and hours of operation can be found at [www.capriverside.org/cool-centers](http://www.capriverside.org/cool-centers). You can also visit public spaces such as libraries or shopping centers that have air conditioning.

Heat stroke is a medical emergency. If you or someone you know is experiencing symptoms of [heat-related illness](#), call **911**. Symptoms include a body temperature of 103 degrees or higher, vomiting, dizziness, confusion, and hot, red, dry or damp skin.

For more information and resources on how to “Beat the Heat,” visit <https://linktr.ee/ruhspublichealth>.

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### ***About Riverside University Health System***

Riverside University Health System (RUHS) includes a 439-bed Medical Center in Moreno Valley, Calif., 14 Federally Qualified Community Health Centers, and the departments of Public and Behavioral Health. RUHS is Riverside County’s safety net provider, offering high-quality, patient-centered care. With more than 8,000 staff members and over 125 years of experience, RUHS continues its commitment to and legacy of delivering exceptional, compassionate care with a focus on public health, behavioral health, community wellness, and medical education. Visit [ruhealth.org](http://ruhealth.org) to learn more.