Heat-Related Illness Surveillance 2019

From June 2, 2019 to September 7, 2019, a total of 251 heat-related illnesses and five deaths were reported by local hospitals and the County Coroner. The median age for heat-related illness is 38 years (range: 1 to 96 years), and 76% were male.

Out of 21 cases diagnosed with heat stroke, 11 (52.4%) are persons aged 50 years and older.

The severity of heat-related disorders tends to increase with age. Conditions that cause heat cramps in a 17-year-old person may result in heat exhaustion in someone 40 years old, or heat stroke in a person over 50 years of age. The elderly need to take extra precautions to avoid a heat-related illness.

For more information go to: https://www.cdc.gov/disasters/extremeheat/warning.html

For additional information regarding heat-related illness surveillance, contact the Imperial County Public Health Department at (442) 265-1356.
**Hazardous Weather Outlook**

**Surveillance**  
6/2/19—9/9/19

**IMPERIAL COUNTY PUBLIC HEALTH**

**Cool Centers**

---

**Brawley**
- Public Library
- Public Library Del Rio Branch

**Calexico**
- Camarena Public Library

**Calipatria**
- IC Free Public Library

**El Centro**
- El Centro Community Center
- El Centro Adult Center
- Salvation Army Hospitality House
- Imperial Valley Mall
- El Centro Public Library

**Imperial**
- Imperial Public Library
- Imperial Chamber of Commerce
- IV Expo

**Heber**
- IC Free Public Library

**Holtville**
- Civic Center
- IC Free Public Library

**Niland**
- Chamber of Commerce
- Ocotillo
- Imperial Valley Desert Museum

**Seeley**
- Seeley Community Church

**Salton City**
- IC Free Public Library

**Westmorland**
- Youth Hall
- Presbyterian Church
- Winterhaven
- San Pasqual Family Resource Center

**Clinics de Salud del Pueblo; Blythe, Brawley, Calexico, Coachella, El Centro, Mecca, Niland, West Shores, Winterhaven**

*For address, contact person, and phone numbers, please visit our website at www.icphd.org*

---

**EXCESSIVE HEAT WARNING**

At this time there is no excessive heat warning in effect.

**Temperature:** Temperatures in Imperial County from September 8 to September 14 will range from 69˚ to 110˚F.

---

**Heat Index Chart**

<table>
<thead>
<tr>
<th>Temperature</th>
<th>Heat Effect</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>69˚ to 110˚F</td>
<td>Heatstroke/sunstroke is highly likely with continued exposure</td>
<td>Avoid strenuous outdoor activity; stay indoors in an air-conditioned facility; stay well hydrated; check on your family, friends, and neighbors</td>
</tr>
</tbody>
</table>

---

**Heat Index, sometimes referred to as the apparent temperature and given in degrees Fahrenheit, is a measure of how hot it really feels when relative humidity is factored with the actual air temperature.**