

**IMPERIAL COUNTY
PUBLIC HEALTH**

Surveillance
5/29/16—9/10/16

Cool Centers

Imperial

- Public Library
- Chamber of Commerce
- The Imperial Valley Expo

El Centro

- Community Center
- Adult Center
- Salvation Army Thrift Store
- Imperial Valley Mall

Calexico

Camarena Public Library

Brawley

- Public Library
- Senior Center

Holtville

- Civic Center
- Public Library

Winterhaven

- San Pasqual Family Resource Center

Seeley

- Community Church

Westmorland

- Senior Citizen Building

Palo Verde

- Improvement Assoc Building

Ocotillo

- Imperial Valley Desert Museum

Calipatria

- Public Library

Niland

- Chamber of Commerce

Heber

- Public Library

**Mecca, Blythe, Coachella,
Winterhaven, West Shores
Niland, Brawley, El Centro,
Calexico & Brawley Open
Access Health Center**

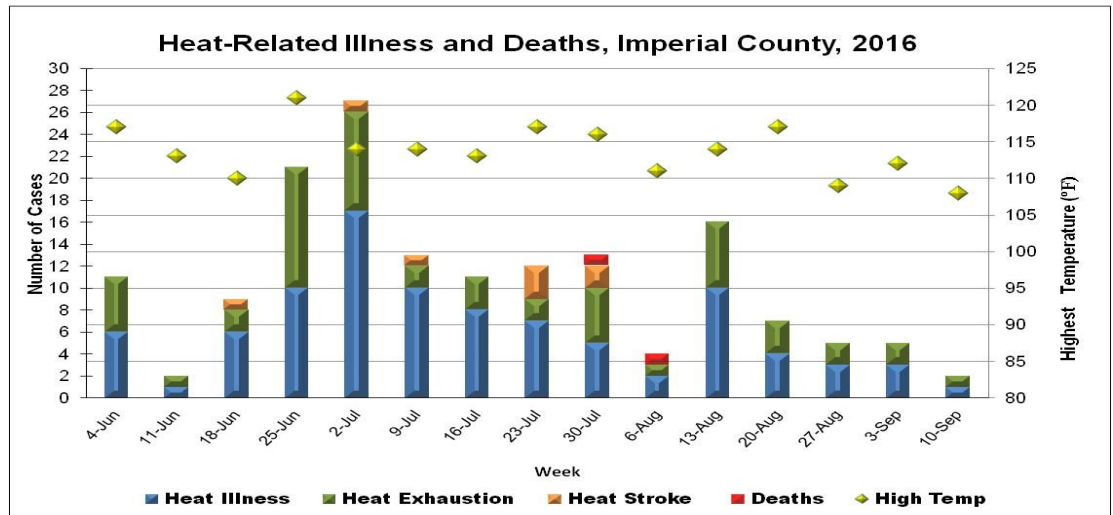
- Clinicas de Salud del Pueblo

For more information,
please visit our web site at
www.icphd.org

HEAT-RELATED ILLNESS UPDATE



HEAT-RELATED ILLNESS SURVEILLANCE IMPERIAL COUNTY, MAY 29—SEPTEMBER 10, 2016



Source: El Centro Regional Medical Center, Pioneers Memorial Hospital, and Imperial County Coroner

Heat-Related Morbidity & Mortality	Total as of Sept 10, 2016	2015	2014	2013	2012	2011	2010	2009	2008	2007
Heat Stroke	8	15	11	29	27	19	14	26	13	13
Heat Exhaustion	55	54	43	68	79	25	40	60	59	62
Other illnesses (i.e. heat fatigue, dehydration)	93	50	34	60	41	23	45	19	27	32
Deaths	3	10	2	2	8	5	3	9	6	10
Totals	159	129	90	159	155	72	102	114	105	117

Source: El Centro Regional Medical Center, Pioneers Memorial Hospital, and Imperial County Coroner

Heat-Related Illness Update

From May 29, 2016 to September 10, 2016, a total of 156 heat-related illnesses and three deaths have been reported by local hospitals and the County Coroner. The median age for heat-related illness is 37 years (range: 4 to 89 years), and 74% were male.

Ambient temperatures started decreasing and during this week the average temperature will reach low 100s. However the Public Health Department continues to recommend that all residents take appropriate precautions to prevent heat-related illnesses. Even though the ambient temperature decreases, be aware that outdoor humidity may increase the risk of heat-related illness. For more information go to: http://www.nws.noaa.gov/os/heat/heat_wave.shtml



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

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Hazardous Weather Outlook



EXCESSIVE HEAT WARNING

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

Temperature: Temperatures in Imperial County will range from 66° to 104°F from September 13 to September 17, 2016.

***Excessive Heat Warning** is issued when an excessive heat event is expected in the next 36 hours. It is issued when an excessive heat event is occurring, is imminent, or there is a very high probability of occurring.

Heat Index Chart

	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	
	Relative Humidity (%)																					
140	125																					
135	120	128																				
130	117	122	131																			
125	111	116	123	131	141																	
120	107	111	116	123	130	139	148															
115	103	107	111	115	120	127	135	143	151													
110	99	102	105	108	112	117	123	130	137	143	150											
105	95	97	100	102	105	109	113	118	123	129	135	142	149									
100	91	93	95	97	99	101	104	107	110	115	120	125	132	138	144							
95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136					
90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122			
85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108	
80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91	
75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80	
70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	71	71	71	71	71	71	

Heat Index: 130+°F
Heat Effect: Heatstroke/sunstroke is highly likely with continued exposure
Recommendations: Avoid strenuous outdoor activity; stay indoors in an air-conditioned facility; stay well hydrated; check on your family, friends, and neighbors

Heat Index: 105-129°F
Heat Effect: Sunstroke, heat exhaustion and heat cramps are likely. Heat stroke is possible with prolonged exposure and/or physical activity
Recommendations: Avoid strenuous outdoor activity; stay indoors in an air-conditioned facility; stay well hydrated

Heat Index: 90-104°F
Heat Effect: Sunstroke, heat exhaustion and heat cramps are possible with prolonged exposure and/or physical activity
Recommendations: Limit strenuous outdoor activity; limit your time outdoors; stay well hydrated

Heat Index: 80-89°F
Heat Effect: Fatigue is possible with prolonged exposure and/or physical activity
Recommendations: Limit your time outdoors; stay well hydrated



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.