

**IMPERIAL COUNTY  
PUBLIC HEALTH**

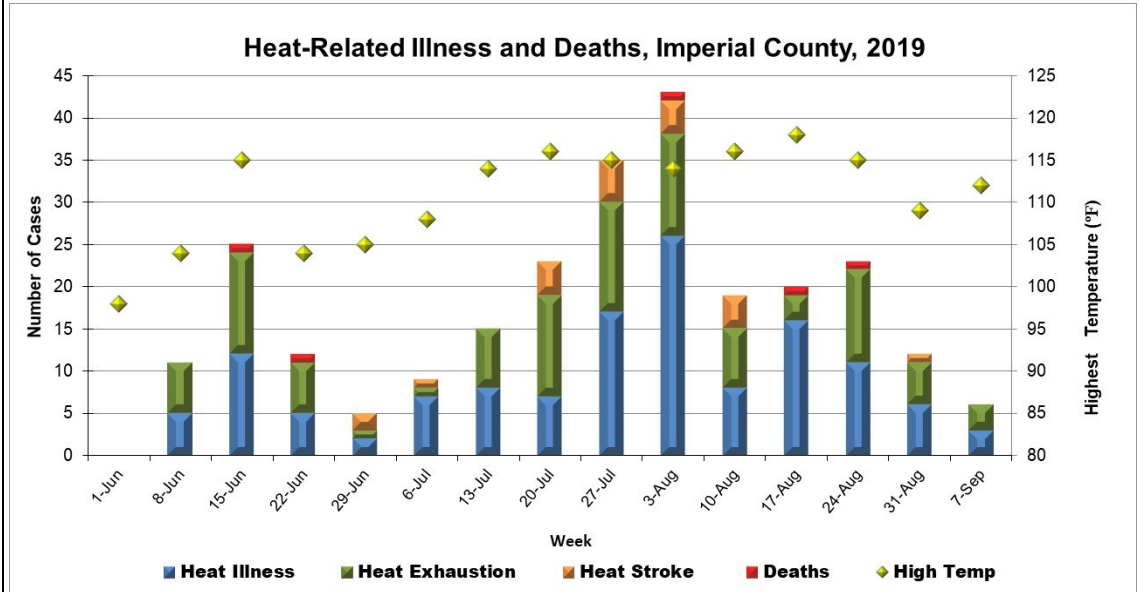
Surveillance  
6/2/19–9/9/19

**Cool Centers**

# HEAT-RELATED ILLNESS UPDATE



## HEAT-RELATED ILLNESS SURVEILLANCE 2019



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

Heat-Related Morbidity & Mortality	Total as of Sept. 9, 2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008
Heat Stroke	21	25	34	8	15	11	29	27	19	14	26	13
Heat Exhaustion	98	191	91	55	54	43	68	79	25	40	60	59
Other illnesses (i.e. heat fatigue, dehydration)	132	150	110	93	50	34	60	41	23	45	19	27
Deaths	5	25	8	3	10	2	3	8	2	8	9	7
<b>Totals</b>	<b>256</b>	<b>391</b>	<b>243</b>	<b>159</b>	<b>129</b>	<b>90</b>	<b>160</b>	<b>155</b>	<b>69</b>	<b>107</b>	<b>114</b>	<b>106</b>

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

### Heat-Related Illness Surveillance

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>

- 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
- Clinicas 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](http://www.icphd.org)*



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 from September 8 to September 14 will range from 69° to 110°F.

\***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	72

Heat Index: 130+°F	<u>Heat Effect:</u> Heatstroke/sunstroke is highly likely with continued exposure <u>Recommendations:</u> 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	<u>Heat Effect:</u> Sunstroke, heat exhaustion and heat cramps are likely. Heat stroke is possible with prolonged exposure and/or physical activity <u>Recommendations:</u> Avoid strenuous outdoor activity; stay indoors in an air-conditioned facility; stay well hydrated
Heat Index: 90-104°F	<u>Heat Effect:</u> Sunstroke, heat exhaustion and heat cramps are possible with prolonged exposure and/or physical activity <u>Recommendations:</u> Limit strenuous outdoor activity; limit your time outdoors; stay well hydrated
Heat Index: 80-89°F	<u>Heat Effect:</u> Fatigue is possible with prolonged exposure and/or physical activity <u>Recommendations:</u> Limit your time outdoors; stay well hydrated

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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.