

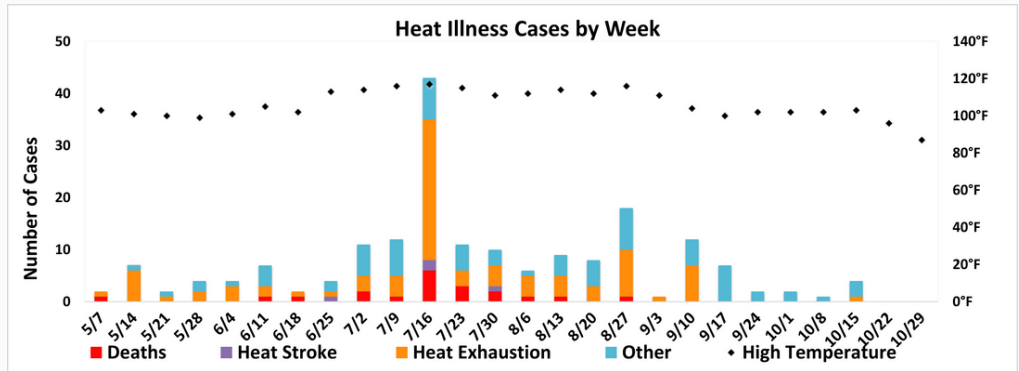


2023 Heat-Related Illness Update

Imperial County Public Health Department
Surveillance: 5/1/2023-11/2/2023

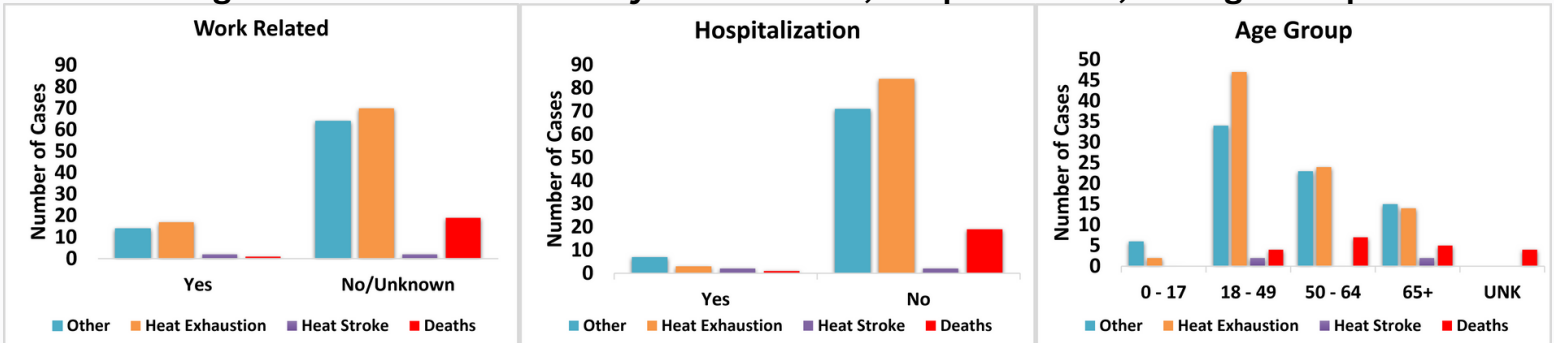
Heat-Related Illness Surveillance

The Imperial County Public Health Department collects data in collaboration with El Centro Regional Medical Center (ECRMC), Pioneers Memorial Hospital (PMH), and the Imperial County Coroner's Office to monitor heat-related illnesses and deaths due to environmental heat exposure. This report includes the most up-to-date data on heat-related illnesses and deaths in the county.



Between May 1st to November 2nd, 2023, local hospitals reported a total of 189 cases of heat-related illnesses. Among the cases with known age (n=185), the age range was 3 to 89 years old, with a median age of 47 years. Out of the total cases (n=189), 71% occurred in males and 29% occurred in females. Further analysis reveals that, 20% of the reported cases were homeless, 52% were residents of Imperial County, 17% were categorized as unknown due to lack of address information, 3% were undocumented immigrants, and 8% were from Out of County. Among the cases with available ethnicity information (n=124), 74% were identified as Hispanic. It is important to note that 91% of the individuals were outdoors, 7% were indoors, and 2% were unknown at the time they experienced the onset of illness. Regarding the reported 20 deaths, it should be noted that 3 have been confirmed and 17 are considered probable as they have not yet been confirmed by the coroner. Of the reported deaths, (n=20) 85% are male and 15% are female. Among the cases with available age information (n=16), 25% were between 18-49 years old, 44% were between 50-64 years old, and 31% were 65 years or older. The deaths occurred in the following locations: Winterhaven (20%), Brawley (15%), Palo Verde (5%), Calexico (25%), Niland (15%), El Centro (5%), Bombay Beach (5%), and unknown due to no information (10%). For more detailed information on heat-related illness, please refer to Figure 1 below.

Figure 1. Heat Illness cases by Work Related, Hospitalization, and Age Group



For more information on heat-related illness surveillance, contact the Imperial County Public Health Department at (442)-265-7481.

To access the latest update or end of year reports from previous years, please visit our website:

<https://www.icphd.org/medical-provider-resources/reports>

| Heat related Morbidity & Mortality | 2023 | 2022 | 2021 | 2019 | 2018 |
|--|------------|------------|------------|------------|------------|
| Heat Stroke | 4 | 18 | 17 | 21 | 25 |
| Heat Exhaustion | 87 | 166 | 140 | 98 | 191 |
| Other illnesses (i.e. heat fatigue, dehydration) | 78 | 99 | 89 | 132 | 150 |
| Deaths | 20 | 27 | 23 | 5 | 25 |
| Totals | 189 | 310 | 269 | 256 | 391 |

Source: El Centro Regional Medical Center, Pioneers Memorial Healthcare District, and Imperial County Coroner. Note: Heat Surveillance suspended in 2020; no data available

Exposure to high temperatures can cause serious health problems including heat cramps, heat exhaustion, heat stroke, and even death. For more information, go to: [Extreme Heat, Natural Disasters and Severe Weather, CDC.](https://www.cdc.gov/extremehot/)



Hazardous Weather Outlook

Imperial County Public Health Department

Surveillance: 5/1/2023-11/2/2023



Excessive Heat Warning

There is no Excessive Heat Warning issued at the moment.

Temperatures will range from 82°F to 89°F.

For more information visit the [National Weather Service](https://www.weather.gov)

***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.

Cool Centers & Hydration Stations

The Imperial County Public Health Department encourages Imperial County residents to take the appropriate precautions in the summer in order to prevent heat-related illnesses.

Imperial County Cities will be providing residents with cooling centers and hydration stations this summer.

For locations and hours of operation, visit: icphd.org/coolcenters, or reach out to your local city.



Temperature (°F)

| | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 106 | 108 | 110 |
|-----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 40 | 80 | 81 | 83 | 85 | 88 | 91 | 94 | 97 | 101 | 105 | 109 | 114 | 119 | 124 | 130 | 136 |
| 45 | 80 | 82 | 84 | 87 | 89 | 93 | 96 | 100 | 104 | 109 | 114 | 119 | 124 | 130 | 137 | |
| 50 | 81 | 83 | 85 | 88 | 91 | 95 | 99 | 103 | 108 | 113 | 118 | 124 | 131 | 137 | | |
| 55 | 81 | 84 | 86 | 89 | 93 | 97 | 101 | 106 | 112 | 117 | 124 | 130 | 137 | | | |
| 60 | 82 | 84 | 88 | 91 | 95 | 100 | 105 | 110 | 116 | 123 | 129 | 137 | | | | |
| 65 | 82 | 85 | 89 | 93 | 98 | 103 | 108 | 114 | 121 | 128 | 136 | | | | | |
| 70 | 83 | 86 | 90 | 95 | 100 | 105 | 112 | 119 | 126 | 134 | | | | | | |
| 75 | 84 | 88 | 92 | 97 | 103 | 109 | 116 | 124 | 132 | | | | | | | |
| 80 | 84 | 89 | 94 | 100 | 106 | 113 | 121 | 129 | | | | | | | | |
| 85 | 85 | 90 | 96 | 102 | 110 | 117 | 126 | 135 | | | | | | | | |
| 90 | 86 | 91 | 98 | 105 | 113 | 122 | 131 | | | | | | | | | |
| 95 | 86 | 93 | 100 | 108 | 117 | 127 | | | | | | | | | | |
| 100 | 87 | 95 | 103 | 112 | 121 | 132 | | | | | | | | | | |

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

| | |
|---------------------------------|---|
| 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.