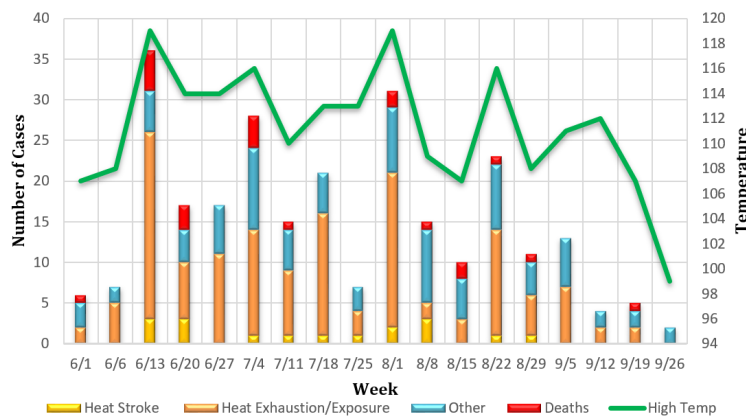


HEAT-RELATED ILLNESS UPDATE



HEAT-RELATED ILLNESS SURVEILLANCE 2021 IMPERIAL COUNTY



Heat-Related Illness Surveillance

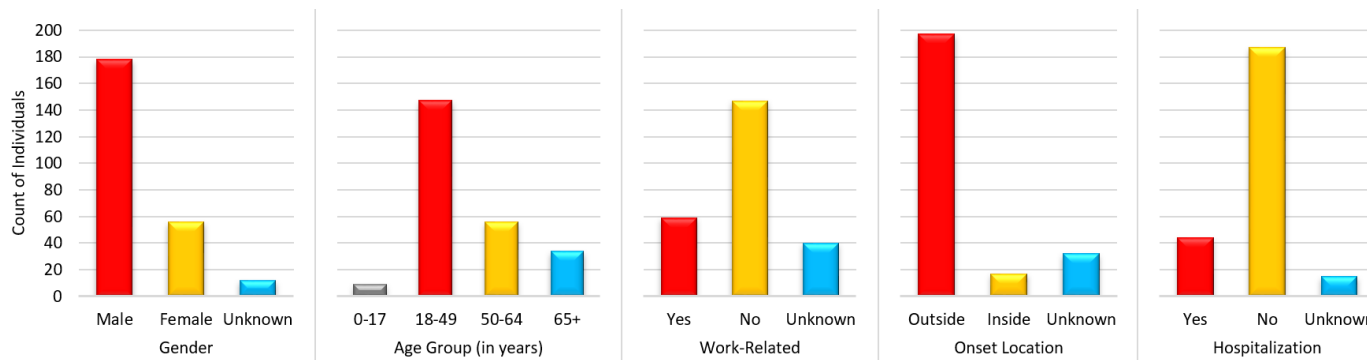
From June 1 to October 2, 2021, a total of **246** heat-related illnesses were reported by local hospitals. This is a **0.8%** increase from last week's report. The median age of these individuals is 43.3 years (range: 4 months to 94 years). Among the individuals for whom gender information is available (n=235), 76.2% are male. In addition, among the individuals for whom residence information is available (n=233), 16.7% are homeless. Figure 1 below provides additional demographic characteristics of the individuals with heat-related illness.

There have been **no** new heat-related deaths reported to the Coroner's office from September 26th to October 2nd, therefore the total remains **22** deaths. Overall, 81.8% (n=18) of all heat-related deaths occurred in males. Among the 18 for whom age information is available, nine were 18-49 years old, three were 50-64 years old, and six were 65 years or older. In addition, 36.4% (n=8) of the deaths occurred in the open desert of Ocotillo, Winterhaven or Holtville.

Heat-Related Morbidity & Mortality	As of October 2, 2021	2019	2018	2017	2016	2015
Heat Stroke	17	21	25	34	8	15
Heat Exhaustion/Exposure	140	98	191	91	55	54
Other illnesses (i.e. heat fatigue, dehydration, etc)	89	132	150	110	93	50
Deaths	22	5	25	8	3	10
Total	268	256	391	243	159	129

Source: El Centro Regional Medical Center, Pioneers Memorial Healthcare District, and County Coroner

Figure 1. Heat-Related Illness Cases by Gender, Age Group, Onset Location, Work-Related, and Hospitalization



Source: El Centro Regional Medical Center and Pioneers Memorial Healthcare District

Exposure to high temperatures can cause serious health problems including heat cramps, exhaustion, and stroke, and even death. For more information, go to: [Extreme Heat | Natural Disasters and Severe Weather | CDC](#). Contact the Imperial County Public Health Department at (442) 265-1355 for additional information regarding heat-related illness surveillance.

Hazardous Weather Outlook



Cool Centers

Niland

- County Fire Station

Ocotillo

- Imperial Valley Desert Museum

Hydration Stations

Calipatria

- IC Calipatria Library Branch

Heber

- Heber Community Center/
Imperial County

Holtville

- Holtville Library

Ocotillo

- County Fire Station

Palo Verde

- County Fire Station

Seeley

- County Fire Station

Salton City

- IC Salton City Library Branch
- Salton City Fire Station

Winterhaven

- County Fire Station

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

EXCESSIVE HEAT WARNING

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

Temperature: Temperatures in Imperial County from October 3 to October 9, 2021, will range from 59°F to 98°F.

Last Heat Warning Issued: From September 12th until September 13th

***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	72

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.