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NEWS RELEASE

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Public Health Provides Heat Safety Tips with Triple Digit Temperatures Expected

Kern County Public Health urges residents to protect themselves from the heat as triple digit temperatures are expected for the first time this year on Wednesday afternoon.

Heat poses a substantial health risk, especially for vulnerable populations including young children, the elderly, those with chronic diseases or disabilities, and pregnant women. People suffer heat-related illness when their bodies are unable to cool themselves properly. Heat-related illness includes cramps, heat exhaustion, heat stroke and death. Warning signs of heat-related illnesses may include heavy sweating, muscle cramps, weakness, headache, and nausea. Vomiting, paleness, fatigue, and dizziness can also be indicators of heat-related illness.

“Understanding the warning signs of heat-related illness is vitally important, as extreme heat can pose a significant risk to your health,” says Brynn Carrigan, Director of Public Health Services. “As temperatures begin to rise in Kern County, I urge everyone to practice heat safety to prevent any heat-related tragedies.”

Tips to stay safe during heat risk:

- Drink plenty of water, even if you are not thirsty. Avoid drinks that contain caffeine, alcohol, or large amounts of sugar.
- Avoid outdoor physical exertion during the hottest parts of the day.
- Wear a wide-brimmed hat to cover the face and neck and loose-fitting clothing.
- Regularly check on any elderly relatives or friends who live alone. Many may be on medications which increase likelihood of dehydration.
- Use cool compresses, misting, showers and baths. Seek immediate medical attention if you experience a rapid, strong pulse, you feel delirious or have a body temperature above 102 degrees.
- Never leave infants, children, elderly or pets in a parked car. It can take as little as 10 minutes for the temperature inside a car to rise to levels that can kill.
- Visit this [website](#) to see if there are any Cooling Centers available in your area.

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