

## FOR IMMEDIATE RELEASE

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## Public Health Officials Urge Precautions Against Heat-Related Illnesses as Temperatures Rise

**RIVERSIDE, CA (Aug. 6, 2025)** – As summer heats up in Riverside County, public health officials with Riverside University Health System — Public Health (RUHS - PH) remind residents to protect themselves against extreme heat and heat-related illness.

According to the RUHS - PH [Heat Related Illness Dashboard](#), Riverside County recorded 1,627 emergency department visits and 65 deaths due to heat-related illness in 2024, with the highest number of visits and deaths in July. So far this year, there have been 550 heat-related emergency department visits and two deaths.

"Extreme heat can be dangerous for everyone, especially for those who work outdoors, as well as for older adults, young children, pregnant women, those with heart disease and individuals who have other chronic medical conditions," said Riverside County Public Health Officer Dr. Jennifer Chevinsky. "It's important to know the signs of heat illness, what to do if you become sick and how to protect your family from the potentially life-threatening effects of devastating temperatures."

Heat stroke is the most serious heat-related illness, which occurs when the body is no longer able to control its temperature. Warning signs include confusion, loss of consciousness, hot and dry skin (though sweating may still occur in some cases) and seizures. Never delay medical care when signs of heat stroke are present – every minute matters. Emergency help should be called by dialing 911. While waiting for help, move the person to a cooler area and apply cold, wet cloths to help lower their body temperature.

Although less severe than heat stroke, heat exhaustion also requires prompt attention. Symptoms may include headache, nausea, dizziness, weakness, thirst, heavy sweating and irritability. It can be treated by moving to a cool, shaded area, removing unnecessary clothing and drinking sips of cool water. If symptoms worsen or last longer than one hour, seek medical attention.

"The longer an individual is exposed to the heat, the more they are at risk for heat-related illnesses. There are easy steps to protect yourself and it starts with limiting your time outdoors during the hottest part of the day," Dr. Chevinsky said.

Prevention tips include:

- Drink plenty of water—even if you don't feel thirsty.
- Wear lightweight, light-colored, loose-fitting clothing.
- Avoid strenuous activity outdoors, take breaks and stay in the shade.
- Keep a friend nearby, especially if you are outdoors for an extended period of time.
- Check on elderly neighbors, children and pets.
- Never leave children or pets inside a parked car, even if for a short time.

If you have to work outside, in addition to the above tips, make sure to pace yourself. Use a buddy system and check in on each other for signs of heat-related illness.

Air-conditioned cool centers hosted by [Community Action Partnership of Riverside County](#) are available throughout Riverside County for those needing relief from the heat. Libraries, community centers and malls are also options for anyone looking for a quick cool down.

"Cool centers provide a safe place to cool down and can also help residents reduce energy costs during extreme heat," said Karla López del Río, Executive Director of Community Action Partnership (CAP) of Riverside County. "Whether you don't have air conditioning or can't afford to run it, cool centers are here to help. Hosted by trusted community partners, these sites offer water, light snacks, and in some locations, heat-relief supplies like hats, lip balm and fans. We invite residents to find one of 70 partner cool centers at a location near you."

Cool center sites' regular business hours vary by location and are not set by CAP Riverside, López del Río added.

Find a map of locations here: [Cool Centers | Community Action Partnership of Riverside County](#).

For information on additional resources, call 211 for assistance.

Read about the RUHS - Public Health Climate Justice Program: <https://www.ruhealth.org/public-health/programs/climate-justice>

For more information, visit [www.ruhealth.org/ruhs-public-health](http://www.ruhealth.org/ruhs-public-health).

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### **About Riverside University Health System – Public Health**

*Riverside University Health System – Public Health (RUHS - PH) serves as Riverside County's public health department. RUHS-PH offers a range of services and programs to promote and protect the health of all county residents and visitors in service of the well-being of the community. RUHS includes the 439-bed Medical Center in Moreno Valley, Calif., 14 Community Health Centers across Riverside County, and Behavioral Health, which provides emergency and inpatient psychiatric care. Visit [www.ruhealth.org](http://www.ruhealth.org) to learn more.*