

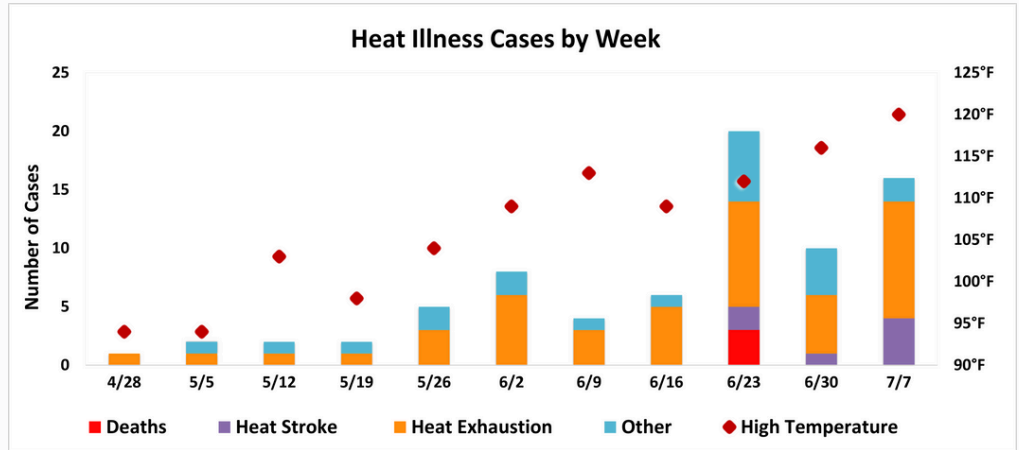


# 2024 Heat-Related Illness Update

Imperial County Public Health Department  
Surveillance: 5/1/2024-7/31/2024

## Heat-Related Illness Surveillance

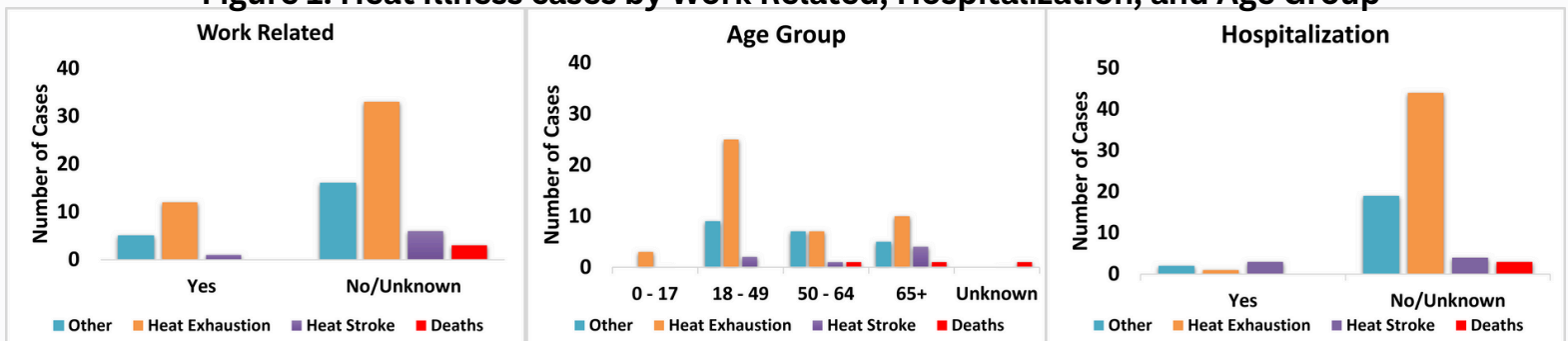
The Imperial County Public Health Department collects data in collaboration with El Centro Regional Medical Center (ECRMC), Pioneers Memorial Healthcare District (PMHD), and the Imperial County Coroner's Office to monitor heat-related illnesses and deaths due to environmental heat exposure. This report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



From May 1 to July 31, 2024, a total of 73 heat-related illnesses and 3 probable deaths\* were reported by local hospitals and the coroner's office. Of the total number of cases reported (n=76), 66% were male, 82% Hispanic, and 88% were outdoors during onset of illness. Among the cases with known age (n=75), the age range was 12 to 97 years old, with a median age of 49 years. Residency for those with available information; 24% homeless, 14% out-of-county residents, 57% Imperial County residents and 5% unknown. A total of three probable deaths due to environmental heat exposure were reported and are pending confirmation from the coroner's office. Among the deceased cases, two were male and one female. For those with known age (n=2), the age group was 55+ years old. For more detailed information on heat-related illness, please refer to Figure 1 below.

\*Deaths are classified as probable, pending confirmation from Coroner's Office.

**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	2024	2023	2022	2021
Heat Stroke	7	4	18	17
Heat Exhaustion	45	87	166	140
Other illnesses (i.e. heat fatigue, dehydration)	21	78	99	89
Deaths	3	22	27	23
<b>Totals</b>	<b>76</b>	<b>191</b>	<b>310</b>	<b>269</b>

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: 5/1/2024-7/31/2024

### Excessive Heat Warning

**An Excessive Heat Watch is in effect until August 4, 2024, at 8:00PM.**

**Temperatures will range from 107°F to 115°F.**

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

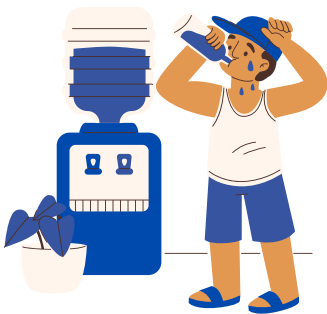
**\*Excessive Heat Warning** is issued when an excessive heat event is expected in the next 36 hours. It is issued when an excessive heat event is occurring, is imminent, or there is a very high probability of occurring.

### Cool Centers & Hydration Stations

The Imperial County Public Health Department encourages Imperial County residents to take the appropriate precautions during 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](https://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

<b>Heat Index:</b> 130+°F:	<b>Heat Effect:</b> Heatstroke/sunstroke is highly likely with continued exposure. <b>Recommendations:</b> Avoid strenuous outdoor activity; stay indoors in an air-conditioned facility; stay well hydrated; check on your family, friends, and neighbors.
<b>Heat Index:</b> 105-129°F	<b>Heat effect:</b> Sunstroke, heat exhaustion and heat cramps are likely. Heat stroke is possible with prolonged exposure and/or physical activity. <b>Recommendations:</b> Avoid strenuous outdoor activity; stay indoors in an air-conditioned facility; stay well hydrated.
<b>Heat Index:</b> 90-104°F	<b>Heat Effect:</b> Sunstroke, heat exhaustion and heat cramps are possible with prolonged exposure and/or physical activity. <b>Recommendations:</b> Limit strenuous outdoor activity; limit your time outdoors; stay well hydrated.
<b>Heat Index:</b> 80-89°F	<b>Heat Effect:</b> Fatigue is possible with prolonged exposure and/or physical activity. <b>Recommendations:</b> 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.