



# **RURAL COMMUNITIES SECTOR TELEBRIEFING: WILDFIRE PREPAREDNESS**

**County of San Diego**

**August 15, 2024**

[SANDIEGOCOUNTY.GOV](https://www.sandiegocounty.gov)

# Agenda & Speakers



**ELIZABETH WELLBROCK**  
Community Health Program Specialist  
Rural Sector Lead  
*Live Well San Diego Engagement Team*



**TERESA GREENALGH**  
San Diego County Fire CERT Coordinator  
Community Risk Reduction  
*San Diego County Fire Protection District*

Agenda Item	Speaker/Presenter
Welcome and Introductions	Liz Wellbrock
Announcements	Liz Wellbrock
Public Health Updates	Dr. Erik Berg
Panel Discussion Q&A	Guest Panelists
Closing	Liz Wellbrock

# IN MEMORY OF DR. JOHN “JD” MALONE



# Rural Sector Team



**ROSE MARKS-PATTON**



**SUSANA MARFIL**



**KELLEN HOPP**



**BAYLOR SEBEK**



**SARAH HOLLISTER**



# Welcome!



- A few reminders before we begin:



This telebriefing is being recorded.



Your lines are muted.



Please enter your questions in the Q&A box and your comments in the chat box.

Please say hello by adding your **NAME, ORGANIZATION,** and **EMAIL** to the chat box!

Email us at [LiveWellCFBO@sdcounty.ca.gov](mailto:LiveWellCFBO@sdcounty.ca.gov)

To receive a recording of today's telebriefing, please sign up [HERE](#) or scan the QR code.





# ANNOUNCEMENTS

*LIZ WELLBROCK  
COMMUNITY HEALTH PROGRAM SPECIALIST  
RURAL SECTOR LEAD*

# Live Well San Diego Announcements



**Virtual Connection Hub (VCH)**



**Live Well on Wheels – FREE**



**Virtual Learning Series on VCH**



**Live Well Advance Conference & School Summit**

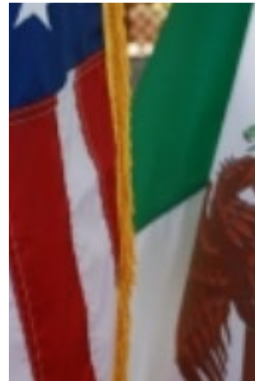
# Community Announcements



**Emergency Preparedness Training:  
Funded by Listos California CERT**



**September - National  
Preparedness Month**



**Partner Relay Program**



# PUBLIC HEALTH UPDATE

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*Erik A Berg, MD  
Interim Medical Director  
Epidemiology and Immunization Services Branch  
[Erik.Berg@sdcounty.ca.gov](mailto:Erik.Berg@sdcounty.ca.gov)*





# San Diegans urged to take precautions as dangerous heat continues in parts of county



Photo by: Ross D. Franklin/AP

By: City News Service

Posted 7:09 AM, Aug 05, 2024 and last updated 7:19 AM, Aug 05, 2024

## How San Diego residents adapt to heatwave



ABC 10News reporter Perla Shaheen shares how people are coping with the soaring temperatures in San Diego County.



NBC San Diego

+ Follow

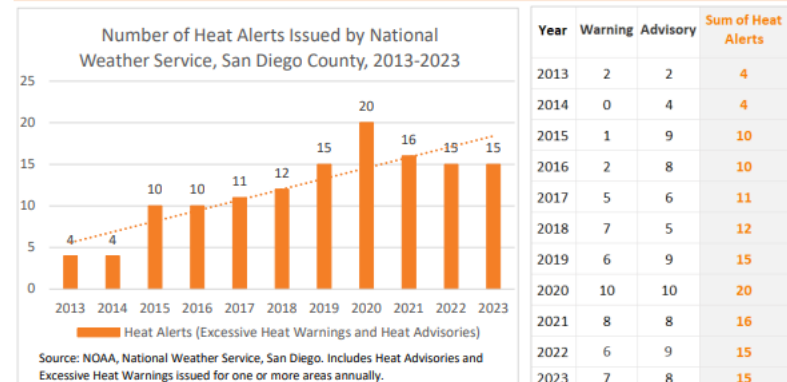
14K Followers



## Dangerously hot temperatures head to parts of San Diego County

Story by City News Service • 1w • 2 min read

FIGURE 1: NUMBER OF HEAT ALERTS ISSUED.





LIVE WELL  
SAN DIEGO

FOR IMMEDIATE RELEASE

August 14, 2024

Contact: HHS Press Office

202-690-6343

[media@hhs.gov](mailto:media@hhs.gov)

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# Biden-Harris Administration Unveils National Heat Strategy to Protect Community Health from Extreme Heat

*The National Heat Strategy will build resilience to heat and address heat-related health concerns.*

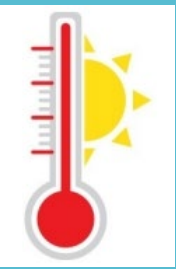
<https://www.hhs.gov/about/news/2024/08/14/biden-harris-administration-unveils-national-heat-strategy-protect-community-health-extreme-heat.html>

2024-2030

## National Heat Strategy

This strategy is a product of the  
National Integrated Heat Health Information System  
and Interagency Working Group on Extreme Heat

[https://cpo.noaa.gov/wp-content/uploads/2024/07/National\\_Heat\\_Strategy-2024-2030.pdf](https://cpo.noaa.gov/wp-content/uploads/2024/07/National_Heat_Strategy-2024-2030.pdf)



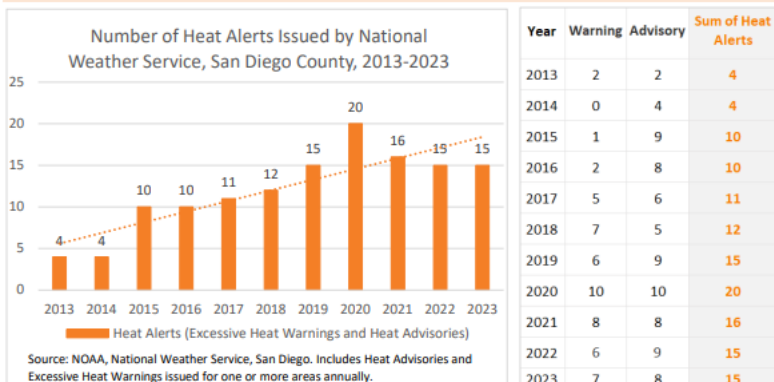
# Excessive Heat ([sandiegocounty.gov](http://sandiegocounty.gov))



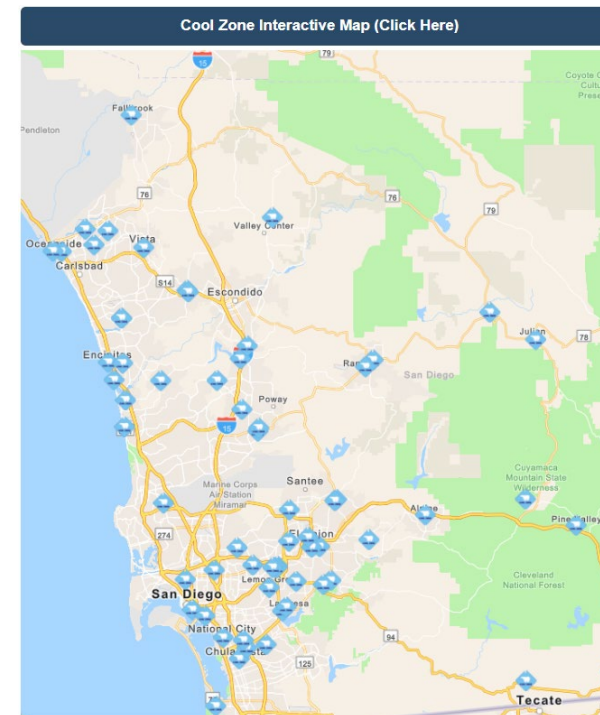
## [Cool Zones \(sandiegocounty.gov\)](http://sandiegocounty.gov)

**Cool Zones:** Designated air-conditioned sites throughout the county for vulnerable populations to gather at to keep cool and save energy costs. For those individuals who may need assistance in getting to a Cool Zone, transportation options will be made available at no cost, by calling 2-1-1 San Diego.

FIGURE 1: NUMBER OF HEAT ALERTS ISSUED.



## [Annual Excessive Heat Report \(sandiegocounty.gov\)](http://sandiegocounty.gov)



**LOCATE A SITE:** To find a site near you, click the [interactive map](#) image below. If you would like to view a list of the active sites click the link here: [2024 Cool Zone Site List](#)



# BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable



## WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.



Children

## WHO:

More males than females are affected



Older adults



Outside workers



People with disabilities

## WHERE:



Houses with little to no AC



Construction worksites



Cars

## HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes

Infants and young children, pregnant women, and people with cardiovascular disease, among other groups, may be more sensitive.

[Clinical Overview of Heat | Heat Health | CDC](#)



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes



# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul> | <ul style="list-style-type: none"><li>• Call 911 right away-heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person's temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul> |
|---|---|

### HEAT EXHAUSTION

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul> | <ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul> |
|--|--|

### HEAT CRAMPS

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul> | <ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You're on a low-sodium diet</li><li>• You have heart problems</li></ul> |
|--|--|

### SUNBURN

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul> | <ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul> |
|--|--|

### HEAT RASH

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul> | <ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul> |
|--|--|





# PANEL DISCUSSION

*MODERATOR: TERESA GREENHALGH*

[SANDIEGOCOUNTY.GOV](http://SANDIEGOCOUNTY.GOV)

# Panelists



**MORGAN DIOLI**  
Fire Prevention and Forestry  
Programs Coordinator  
Resource Conservation District of  
Greater San Diego County



**SEAN GALLAGHER**  
Sergeant – Ramona Substation  
San Diego Sheriff's Office



**WESTON HYDE**  
Sergeant – Pine Valley Substation  
San Diego Sheriff's Office



**ERIK A BERG, MD**  
Medical Subject Matter Expert  
*Public Health Services*



**THOMAS SHOOTS**  
Fire Captain  
Community Risk Reduction  
San Diego County Fire/CALFire



**Christina Rathbun**  
Access & Functional Needs Project  
Manager  
San Diego Gas & Electric





# Q&A

*MODERATOR: TERESA GREENHALGH*

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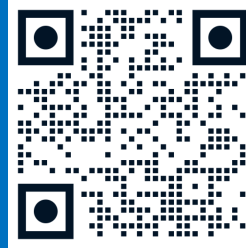
# CLOSING

*LIZ WELLBROCK  
COMMUNITY HEALTH PROGRAM SPECIALIST  
RURAL SECTOR LEAD*

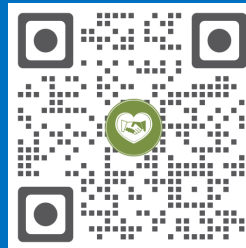
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Rural Communities Website



Sign up for email updates



For Rural Sector questions and resources, please email: [LiveWellCFBO@sdcounty.ca.gov](mailto:LiveWellCFBO@sdcounty.ca.gov)