



City and County of San Francisco  
Edwin M. Lee  
Mayor

## San Francisco Department of Public Health

Barbara A. Garcia, MPA  
Director of Health

**FOR IMMEDIATE RELEASE**  
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**Eileen Shields, Public Information Officer**  
**415/554-2507 (o) 415/370-3377 (cell)**  
[Eileen.Shields@sfdph.org](mailto:Eileen.Shields@sfdph.org)

### **Public Health Officials Offer Healthy Tips for Safe Pride Weekend**

**San Francisco, CA**—As the City begins to fill up with over one million party goers and Pride Weekend celebrants arriving from all over the Bay Area, the US and even foreign countries, everyone, including health officials from the San Francisco Department of Public Health, are excited about the weather forecast. It's going to be hot, sunny and then hot some more.

“It's the perfect weather for a celebration, but also the perfect set up for some heat-related illnesses,” announced Tomas Aragon, MD, Health Officer for the City & County of San Francisco. “We want everyone to have a good time, and that includes staying safe and healthy by observing some practical tips and being prepared.”

Everyone is affected by the heat but age, medical condition and alcohol consumption can quickly complicate how individuals respond to periods of excessive heat. Populations vulnerable to heat-related illness include:

- People age 65 and over
- Infants and young children
- People with medical conditions such as diabetes, high blood pressure, heart disease, obesity, asthma, and respiratory conditions
- People who consume caffeine or alcohol

Dr. Aragon recommends the following tips for preventing heat and sun-related illnesses:

- Drink plenty of cool water and stay hydrated (Take your own bottle to ensure a supply and look for refilling stations)
- Don't wait until you're thirsty to drink
- Wear light-colored, light-weight clothing and a hat
- If you consume alcohol or high-sugared drinks, do so in moderation
- Wear sun screen and reapply as needed
- Take a break from the sun and heat in the shade or by seeking out a cooler environment

It is also important for friends and family members to be able to recognize when someone may be suffering heat-related symptoms, whether due to the temperature, sun exposure, too much alcohol or other substance, or a combination. Seek medical help if any of the following signs or symptoms appears:

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**The mission of the San Francisco Department of Public Health is to protect and promote the health of all San Franciscans.**  
We shall ~ Assess and research the health of the community ~ Develop and enforce health policy ~ Prevent disease and injury ~  
~ Educate the public and train health care providers ~ Provide quality, comprehensive, culturally-proficient health services ~ Ensure equal access to all

barbara.garcia@sfdph.org ♦ (415) 554-2526 ♦ 101 Grove Street, Room 308, San Francisco, CA 94102

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- Difficulty breathing
  - Red, hot, dry skin with no sweating
  - Rapid, strong pulse
  - Throbbing headache, dizziness, nausea
  - Delirium (confusion)
  - Chills

The San Francisco Department of Public Health has also produced a special 2013 Fair Season flyer targeting Men Who Have Sex with Men (MSM) with health, party and sex tips. Outreach workers will be distributing the flyer throughout the weekend and along the Parade route.

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