



CITY OF SACRAMENTO
CITY OF ELK GROVE
COSUMNES CSD
CITY OF FOLSOM
COUNTY OF SACRAMENTO
Joint Media Release



FOR IMMEDIATE RELEASE

July 10, 2008

MEDIA ADVISORY

STATUS UPDATE OF HEAT AND AIR QUALITY

- Cooler daytime and nighttime temperatures are forecast by the National Weather Service, but poor air quality from regional fires remains a concern. Air quality information can be found at www.sparetheair.com.
- Cooling centers in the area will remain open this evening. For a complete listing, go to www.sacramentoready.org.
- County health officials are reminding you to drink plenty of water, and make sure you get some relief from the heat and smoky air for a couple of hours a day; even a short break from the conditions can help. Besides cooling centers, other options are shopping malls, community centers, public libraries, and friends' homes. Spending a few hours cooling down will allow the body to recover and tolerate the heat better for the rest of the day. Public health information can be found at www.scph.com.
- For information and referrals regarding any social service need, residents can call 2-1-1. Within the City of Sacramento, residents can call 3-1-1 for information and services.
- A media advisory will be issued tomorrow to update the status of the area cooling centers.

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