



CITY OF SACRAMENTO
COUNTY OF SACRAMENTO
Joint Public Advisory



FOR IMMEDIATE RELEASE

June 30, 2009

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Summer Awareness Weather Advisory for Sacramento Area

As typical for this time of year, the Sacramento area is experiencing hot weather conditions. Both City and County officials are keeping a close eye on these weather conditions and want to remind residents of the following information to be prepared for periods of high heat.

Detailed information on how to deal with the heat and any associated emergencies is available online at www.SacramentoReady.org. Public health information can be found at www.scpd.com. Air quality information for the region is found at www.sparetheair.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.

What can you do to stay safe in the heat?

- Avoid outdoor activities, particularly if you are in an area impacted heavily by the smoke as well as the heat.
- Drink plenty of water, stay hydrated.
- Wear cool clothing and stay indoors as much as possible.
- Use coolers and air conditioners during the hot portion of the day.
- Be particularly watchful of children, seniors and anyone with respiratory or heart conditions.
- Check on your neighbors, family members and others who may not have access to air conditioning.
- Take advantage of public pools, shady parks, shopping malls, public libraries and other places that can offer an escape from the heat.
- Keep an eye out on outdoor pets as well, and make sure they have shade and enough cool water. Do not leave them in cars.

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