



CITY OF SACRAMENTO
COUNTY OF SACRAMENTO
Joint Media Release



FOR IMMEDIATE RELEASE

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Hot Weather Predicted – Take Steps to Stay Cool

Sacramento, CA –With temperatures predicted to rise this week, City and County officials are keeping a close eye on conditions and asking residents to take some precautionary steps to keep themselves, their family, their neighbors and pets cool.

The City and County follow a weather response plan that calls for increased action and outreach to residents and vulnerable populations once a certain weather threshold has been reached. The criteria include temperatures of 102 degrees or more for 3 consecutive days WITH night time low temperatures of 70 or above. Currently, night time temperatures are expected to stay low allowing people to cool down each day.

“Nighttime temperatures allow the body to cool down each night, reducing the risk for heat illness. It’s important that people take precautions during the heat of the day and watch for signs of heat exhaustion and stay hydrated,” said Dr. Kasirye, Public Health Officer.

- How to deal with heat and associated emergencies - www.SacramentoReady.org
- Air quality information for the region - 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.

Office of Emergency Services Activities

- Participating in Cal EMA & National Weather Service conference call on weather
- Monitoring National Weather Service (NWS) forecast
- Communicating with County/City Communications Media Officers – posting of weather conditions, related tips for dealing with weather conditions, and other important information to appropriate websites
- Our 24/7 duty officer continues to monitor activities of surrounding jurisdictions
- Follow the Severe Weather Guideline

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Tips for Beating the Heat

Here are some helpful tips to beat the heat this summer:

- Drink plenty of water and avoid very cold drinks
- Take cool showers to lower your body temperature
- Limit your exposure to the sun – stay indoors where it is air-conditioned or go a public place that is air conditioned
- Wear lightweight, light-colored and loose-fitting clothing

Heat exhaustion and heat stroke are the most heat-related illnesses. Warning signs of heat exhaustion include:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

Warning signs for heat stroke are severe and include:

- High body temperature
- Absence of sweating and hot red or flushed dry skin
- Rapid pulse
- Difficulty breathing
- Strange behavior
- Hallucinations
- Confusion
- Agitation
- Disorientation
- Seizure
- Coma

If you or someone you know is experiencing any of these severe symptoms, Immediately call 9-1-1.

Prevention is the key. Avoid becoming dehydrated, stay in a cool environment, and dress appropriately to beat the heat and enjoy your summer.

Learn more and sign up for emergency alerts at:
<http://www.sacramentoready.org/Pages/default.aspx>

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