Excessive Heat Watch Issued For The Mother Lode

The National Weather Service has issued an excessive heat watch for the Mother Lode and the Valley from Saturday afternoon through Sunday evening. Temperatures are forecast to warm over the next several days, bringing a prolonged period of triple digit heat this weekend and possibly into next week. On Saturday and Sunday, the highs in both the foothills and the central valley will range from 95 to 110 degrees. The overnight lows will range from the upper 60’s to 80 degrees. Heat related illness such as heat exhaustion and heat stroke can occur due to prolonged exposure to extreme heat and humidity, even to the general population. Be prepared to drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors.

