Dangerously Hot Conditions Expected Through Wednesday

The National Weather Service has issued an excessive heat warning for the foothills and valley, from noon today through 9 PM Wednesday. Dangerously hot conditions will occur during the afternoon and early evening hours each day. High temperatures of 95 to 112 degrees should be expected each day in the Mother Lode and valley. There will be very little to no overnight relief with low temperatures ranging from the upper 60’s to upper 70’s. Extreme heat will significantly increase the potential for heat related illnesses and heat stroke. People most vulnerable include those who spend lots of time outdoors, those without air conditioning, young children, the elderly and those with chronic illness. Significant heat impacts are also expected for both pets and livestock. Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency! Call 9-1-1.

Additionally, local rivers and streams continue to run fast. Water safety, including wearing a life jacket, should be practiced when on and near the water.

