NWS Expects Dangerously Hot Conditions For The Mother Lode

The National Weather Service has issued an Excessive Heat Watch for the Foothills and the Valley, from Friday afternoon through Tuesday afternoon. Due to strong high pressure over Northern California, expect dangerously hot conditions in the Mother Lode and the San Joaquin-Sacramento valleys, with the afternoon highs ranging from 95 to 112 degrees. The overnight lows will range from the mid sixties to eighty degrees. Any localized dense smoke may impact these temperatures. Monitor the latest forecasts and warnings for updates on this situation. 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. Extreme heat and humidity will significantly increase the potential for heat related illnesses, such as heat exhaustion and heat stroke, which can occur due to prolonged exposure to hot temperatures. People most vulnerable include those who spend lots of time outdoors, those without air conditioning, young children, the elderly and those with chronic illness.

