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### **High Temperatures Headed Our Way – Keep Cool and Safe**

The Modesto area is heading into a long stretch of hot weather – with daily maximum temperatures at or above 100 degrees. As the safety of our residents is our primary concern, the Modesto Regional Fire Authority and the City of Modesto work in tandem with several agencies to monitor all changes in weather. It is important to note that at this time the National Weather Service has not issued any Excessive Heat Outlooks, Watches or Warnings for Stanislaus County and therefore, there are no immediate plans to open cooling centers. However, given the relatively mild summer temperatures to-date, residents may not be as conscientious about heat safety and now is the perfect time to brush up on hot weather safety know-how.

Follow these steps to stay safe and healthy when it's hot:

- Stay indoors and out of the sun during the day.
- Fans alone won't protect you from extreme heat – use your air conditioner and keep it well maintained.
- If your indoor temperature remains above 90 degrees, seek shelter in an air-conditioned building.
- Drink plenty of water, and eat lighter meals.
- Avoid alcoholic or caffeinated drinks.
- Be aware – your prescription medication may affect your heat tolerance. Check with your doctor.
- Wear light colored and loose-fitting clothing, and a hat with a wide brim when outside.
- Take frequent cool showers or baths.
- **NEVER leave anyone in a closed, parked vehicle.**

During times of extreme heat, help others stay safe too:

- Check on your neighbors, especially elderly people who live alone.
- Bring pets indoors where the air conditioning is on.
- Get immediate medical help for anyone with these heat-related symptoms:
  - Profuse sweating and muscle cramping
  - Body temperature of 105 degrees, with hot and dry skin
  - Confusion or unconsciousness

If you are looking for a place to stay cool other than your home, consider the following options:

- Visit a shopping mall.
- Visit a library.
- Catch a movie at a movie theatre.

For more information, visit [www.stanemergency.com](http://www.stanemergency.com) or call the Heat Hotline at 558-8035.