

Dangerous Heat Conditions Continue

Decision Support Briefing # 8
As of: 5 PM Saturday, July 20, 2019

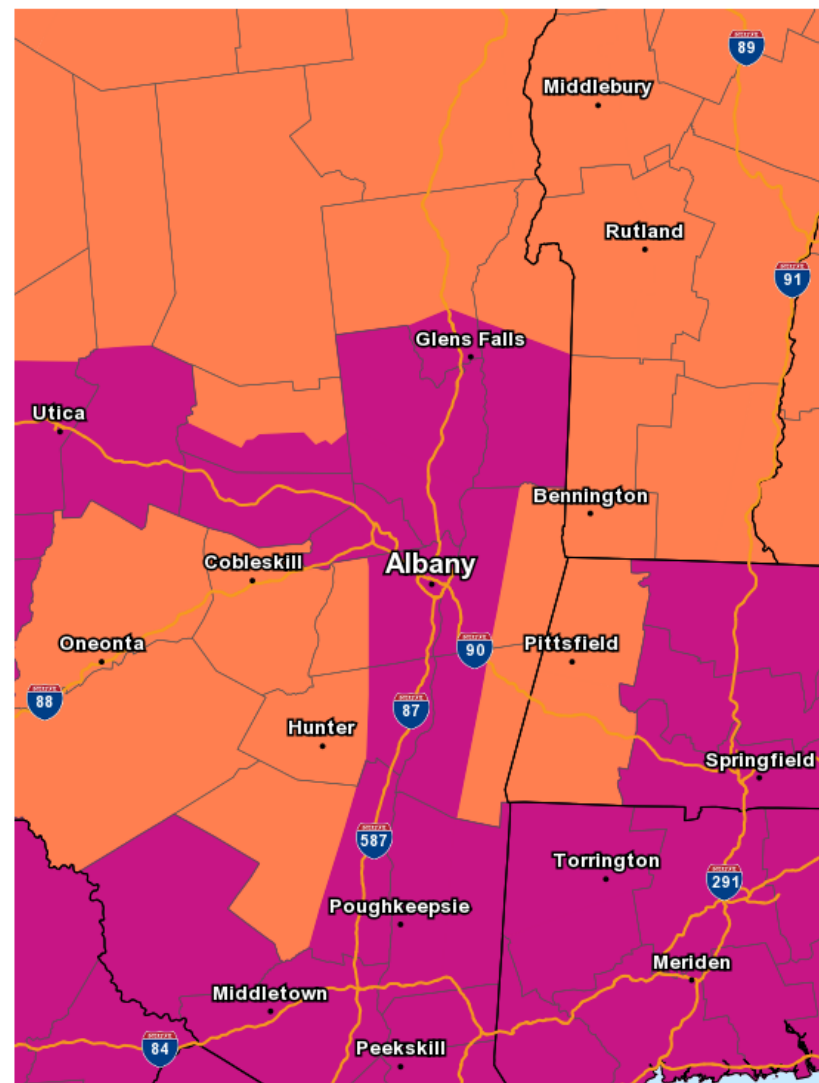
What has changed...

✓ No changes



Excessive Heat

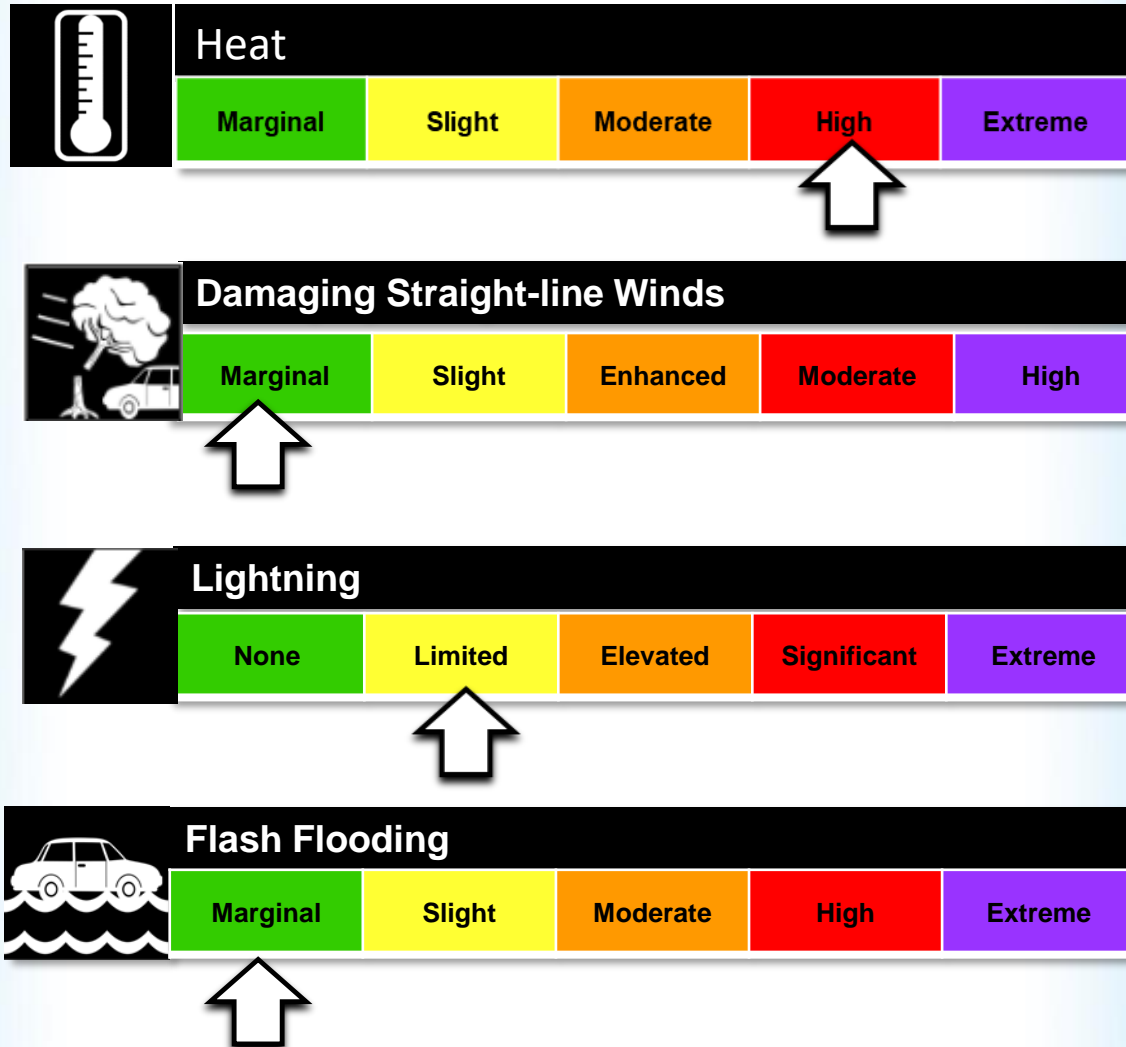
■ Excessive Heat Warning
■ Heat Advisory



Graphic Created
July 20th, 2019
4:49 AM EDT

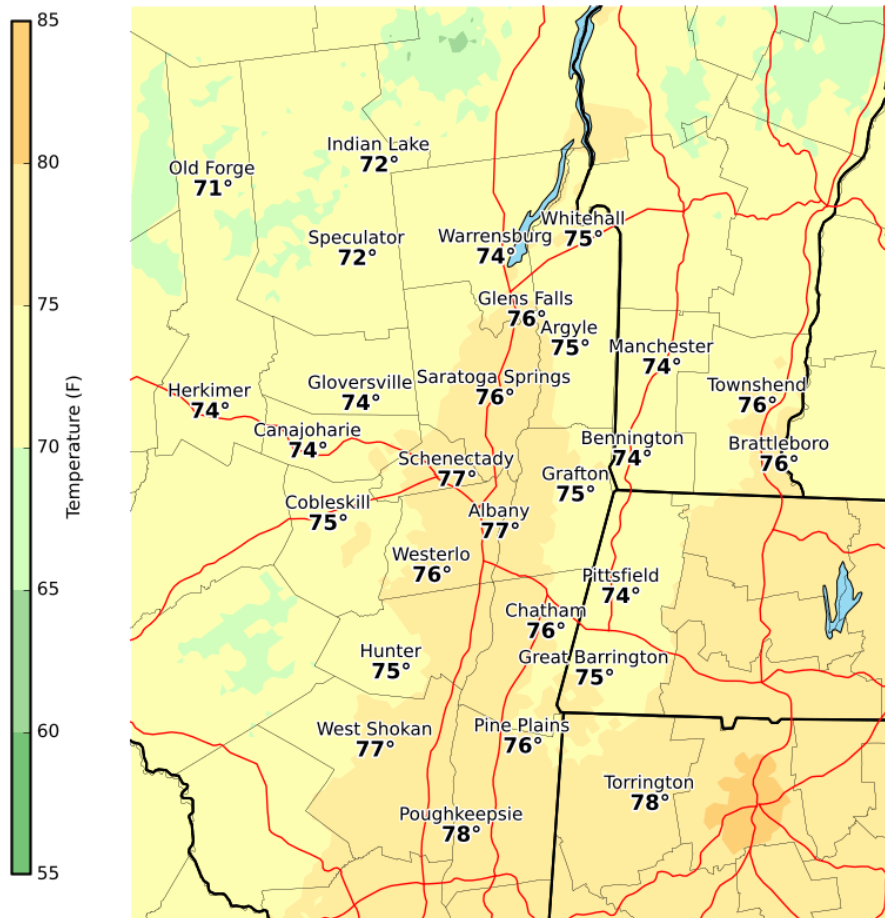


Local Summary of Greatest Impacts



Lows Sunday Morning

Valid: July 21, 2019



National Weather Service
Albany, New York
 07/20/2019 04:35 PM EDT

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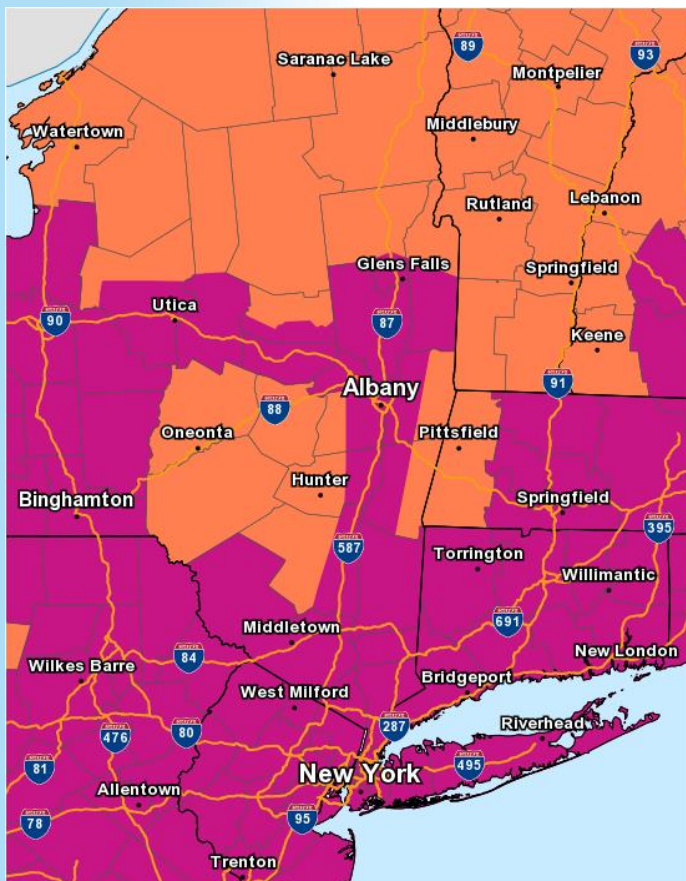


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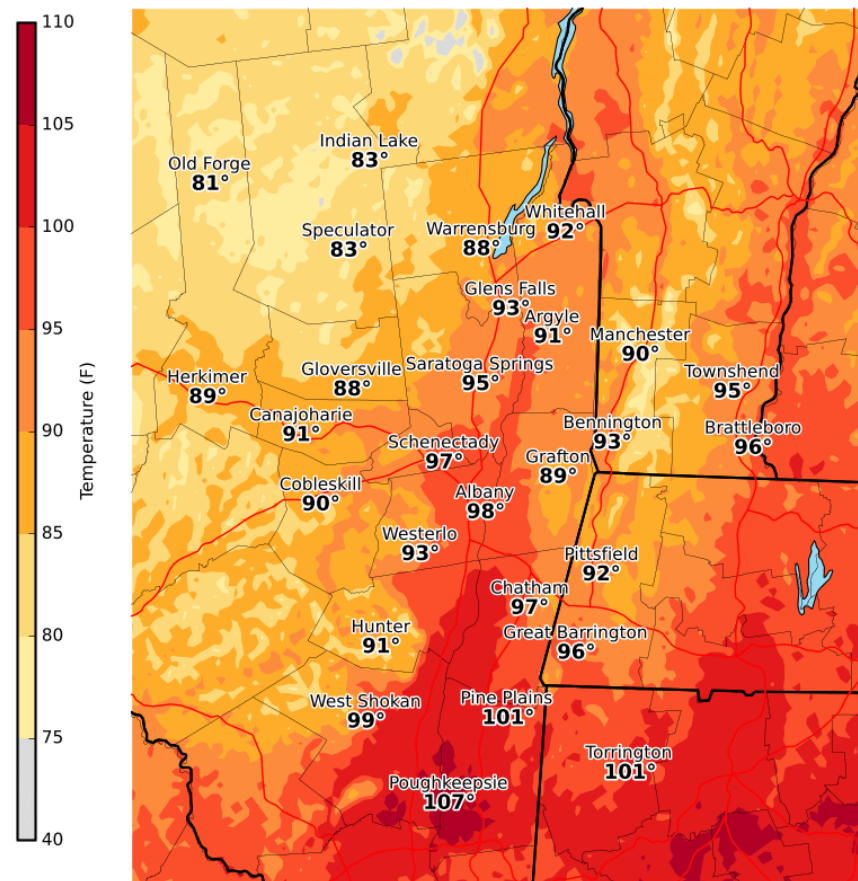
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Heat Headlines Valid: Tonight



Peak Apparent Temperature

Valid: 07/21/2019 08:00 AM - 07/21/2019 08:00 PM EDT



National Weather Service
Albany, New York

07/20/2019 04:07 PM EDT

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During hot and humid weather, your body's ability to cool itself is challenged.

When your body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, you may experience a heat-related illness.

Learn the symptoms of excessive heat exposure and the appropriate responses

HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache, confusion	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103° Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 			<p>CALL 9-1-1</p> <ul style="list-style-type: none"> • Move person to cooler place • Cool using cool cloths or bath • Do not give anything to drink 	
@NWSSacramento weather.gov/Sacramento			@SacramentoOES SacramentoReady.org	



Event Summary

- ✓ Dangerous heat conditions will continue through Sunday
- ✓ Overnight low temperatures in the 70s tonight will not provide much relief
- ✓ Heat wave will come to an end Sunday night with a passage of a cold front
- ✓ Any thunderstorms this evening through Monday could contain gusty winds and very heavy rain leading to localized urban and small stream flooding.

During **Extreme Heat**



weather.gov/heat

Find air conditioning.

Avoid strenuous activities.

Wear light clothing.

Check on family members and neighbors.

Drink plenty of water.

Watch for heat cramps - exhaustion - stroke.

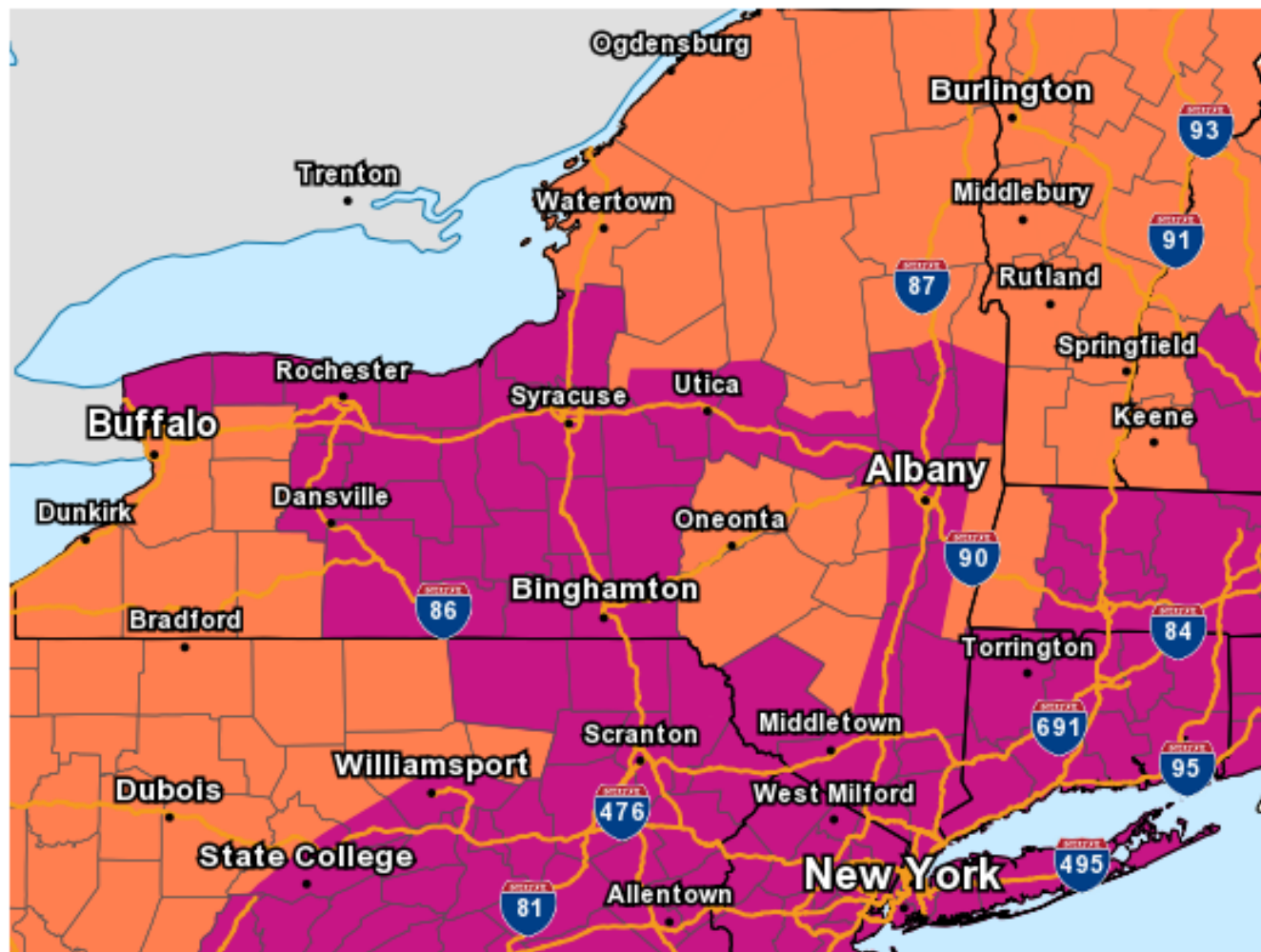
Never leave people or pets in a closed car.





Excessive Heat

- Excessive Heat Warning
- Heat Advisory

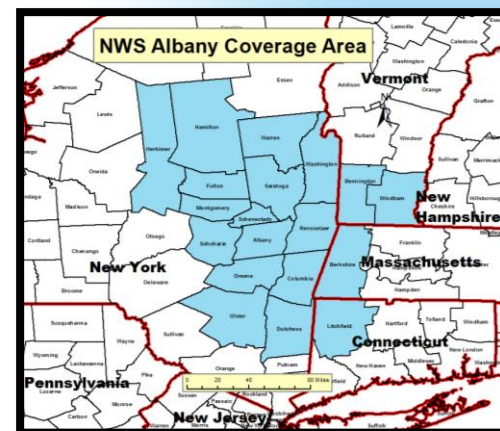


Graphic Created
July 20th, 2019
4:16 PM EDT

Contact and Next Briefing Information



Next Briefing
When: By 6 AM Sun, July 21, 2019
Method: E-mail



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Disclaimer: *The information contained within this briefing is time-sensitive, do not use after 6 AM July 21, 2019*

