

PRESS RELEASE
CITY OF BENICIA
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CITY OF BENICIA URGES PREPARATION FOR EXCESSIVE HEAT Offers Cooling Center

Benicia, CA (August 13, 2020) — City of Benicia staff are preparing for extreme heat over the next several days. According to the [National Weather Service](#), an Excessive Heat Watch has been issued for the San Francisco Bay Area and most of Northern California for Friday through Sunday, which may extend into next week. There is an increased risk of heat-related illnesses for people exposed to hot weather.

The Benicia Senior Center at 187 East L Street has been designated as the City's official cooling center. It will be open daily noon to 7 p.m., offering a cool space for residents who don't have air conditioning. Staff will evaluate conditions on Monday to determine if the cooling center will remain open.

Due to the COVID-19 pandemic, people entering the Benicia Senior Center will have their temperature taken, be required to wear a face covering at all times and must maintain social distance — from those they do not live with. To accommodate State social distancing guidelines, space is limited. People are encouraged to save the available space for seniors and others in need.

Residents are asked to be vigilant about staying safe in the expected extreme heat and to keep watch in their own community, especially neighbors who may be vulnerable to extreme heat conditions. As a reminder during high temperatures:

- Limit outdoor strenuous activity during the hottest time of the day.
- Do not leave kids or pets in vehicles.
- Stay in air-conditioned areas.
- Drink plenty of fluids.
- Watch for hot pavement when walking dogs.
- Check on senior citizens or anyone who may have health or mobility issues.

Heat related illness is preventable. The [Centers for Disease Control](#) provides helpful information on the signs of heat stroke, heat exhaustion and other heat related illnesses, which includes headaches, dizziness, and nausea.

A side effect of a heat wave is poor air quality. The Bay Area Air Quality Management District has issued a [Spare the Air Alert](#) for Friday, August 13, which may continue through the weekend. During a Spare the Air Alert, Bay Area residents should consider limiting outdoor activities.

National Weather Service information for Benicia can be found at [weather.gov](#).

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Attachments:

- National Weather Service Extreme Heat Watch Graphic
- CDC Heat Related Illness Graphic



▶ EXCESSIVE HEAT WATCH

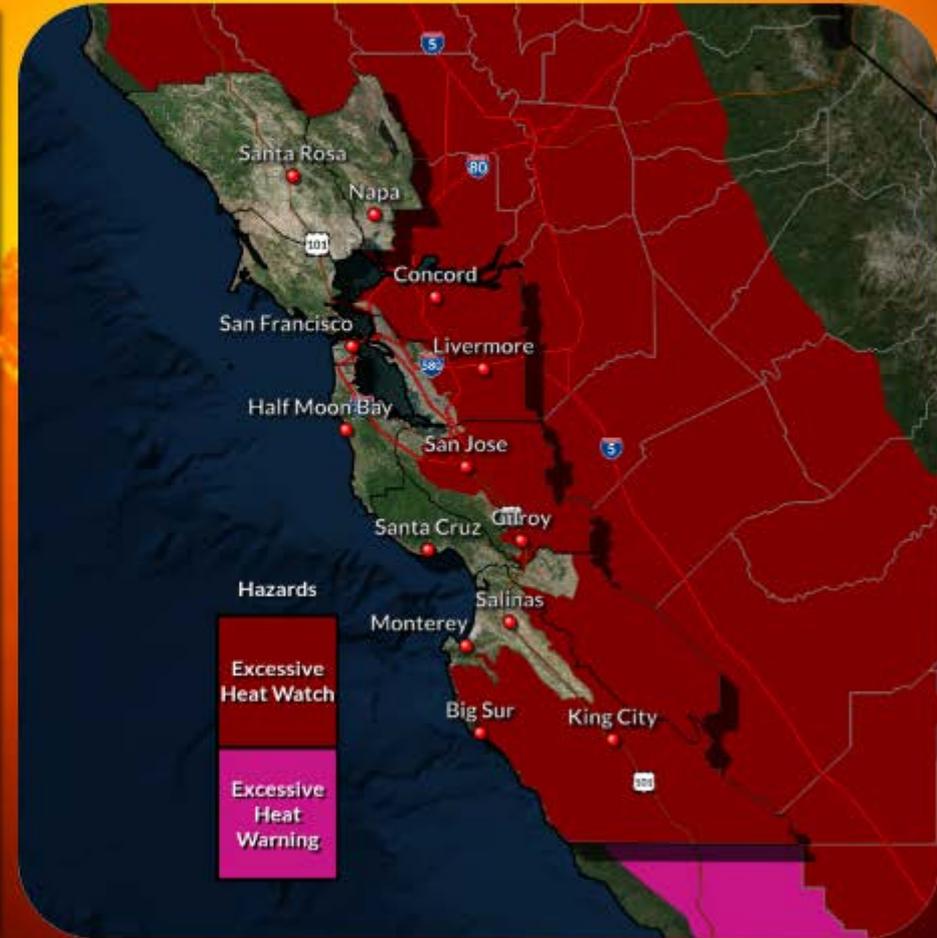
FRIDAY 12 PM – SUNDAY 7 PM

Impacts

- Record or near record heat with many high temperatures 95 to 108.
- Increased risk of heat related illnesses: heat exhaustion and heat stroke

Preparedness Actions

- Limit outdoor strenuous activities during the hottest time of the day.
- Do not leave kids or pets in vehicles.
- Stay in air conditioned areas.
- Drink plenty of fluids.
- Extra care for pets, crops, and livestock.
- Watch for hot pavement when walking dogs.
- When at the coast beware of rip currents.



National Weather Service San Francisco Bay Area
weather.gov/sanfrancisco



/NWSBayArea

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash

