

PRESS RELEASE
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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