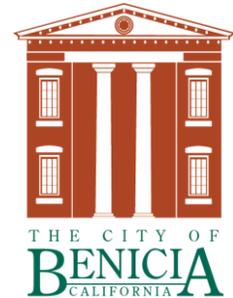


PRESS RELEASE
CITY OF BENICIA
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CITY OF BENICIA URGES PREPARATION FOR EXCESSIVE HEAT Offers Cooling Center

Benicia, CA (September 3, 2020) — City of Benicia staff are preparing for excessive heat over Labor Day weekend and early next week. The [National Weather Service](#) issued an Excessive Heat Warning for the Bay Area and most of California from September 5 through September 8. 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 Sunday, September 6 through Tuesday, September 8, from noon to 7 p.m. each day. The cooling center will offer a cool space for residents who don't have air conditioning. Staff will evaluate conditions on Tuesday 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 warm weather and to keep watch in their own community, especially neighbors who may be vulnerable to excessive heat conditions. As a reminder during high temperatures:

- Limit outdoor strenuous activity during the hottest time of the day.
- Do not leave children 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 continuous [Spare the Air Alerts](#) in recent days due to smoke from area fires and may continue to do so during the upcoming warm days. 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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