



COUNTY OF INYO

ADMINISTRATOR'S OFFICE/OFFICE OF
EMERGENCY SERVICES/SHERIFF'S OFFICE



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JOINT PRESS RELEASE

FOR IMMEDIATE RELEASE
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EXTREME HEAT EXPECTED THIS WEEKEND

The National Weather Service plans to issue an Excessive Heat Warning for the Owens Valley this weekend, with temperatures forecast to rise from 104 on Friday to 107 by Monday.

Dangerously hot afternoons with little overnight relief are expected. The NWS says this will result in a major if not extreme risk of heat-related illness for much of the population. Anyone without access to adequate indoor cooling will be especially vulnerable.

Overnight lows only falling into the 80s or 90s in some desert valleys will result in buildings running air conditioning all 24 hours of the day. Children, the elderly, and people with chronic ailments are usually the first to suffer from the heat. Heat exhaustion, cramps or in extreme cases, heat stroke can result from prolonged exposure to these conditions.

Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors. Young children and pets should never be left unattended in vehicles under any circumstances.



Take extra precautions if you work or spend time outside. When possible, reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heat stroke. Wear lightweight and loose-fitting clothing when possible. To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air-conditioned environments.

Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency! Call 9 1 1.

For more information, visit: <https://ready.inyocounty.us> or <https://forecast.weather.gov/MapClick.php?lat=37.364460000000065&lon=-118.39531429999994>

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