

Severe Heat

Severe heat can present a number of challenges:

- Severe heat poses a health risk, particularly to the elderly, non-ambulatory and those suffering from illness. Residents should seek medical treatment if they suspect impairment from the heat.
- Increased public demand for air conditioning can place additional stress on the electrical power grid potentially jeopardizing electricity availability in selected areas.

Never leave children or pets unattended in cars during periods of severe heat.

Keep hydrated and stay cool

All residents should ensure access to water. Those feeling the effects of heat may choose to visit a cool zone. Cool zones are air conditioned facilities that welcome the public to escape the effects of the heat.

Cooling centers information

Marin County

http://test.cityofsanrafael.org/Fire/Fire_Administration/Press_Releases/Cooling_Centers_July_1_2013.pdf

PG&E

<http://www.pge.com/en/myhome/edusafety/seasonal/coolingcenters/index.page>