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