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## Press Release

**FOR IMMEDIATE RELEASE**

July 21, 2016

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### Extreme Heat Predicted in Amador

**Sutter Creek, CA** – Amador County Public Health and the Amador County Sheriff's Office of Emergency Services urge residents to prepare for extreme temperatures predicted to reach over 100 degrees this weekend. The National Weather Service indicates that temperatures will climb and remain above 100° into next week.

"When temperatures reach above 100, it is important to drink plenty of fluids, limit physical exertion, and stay indoors in an air-conditioned location as much as possible," advises Dr. Rita Kerr, Amador County Health Officer. "Although nearly everyone is uncomfortable in high heat, some people are more vulnerable than others." The elderly, the very young, and those with chronic medical conditions are particularly susceptible.

Be sure to drink plenty of cool fluids, rest inside or in the shade, check on elderly neighbors and never leave children or pets in the car. Warning signs of heat-related illness include dizziness, headache, weakness, nausea, vomiting, stomach cramps, confusion, rapid pulse, seizures, muscle cramps, or hot, dry, flushed skin. If symptoms do not subside, seek medical help or call 911.

For more information about extreme heat visit:

- <http://www.co.amador.ca.us/departments/office-of-emergency-services/are-you-ready-preparedness-information/beat-the-heat>
- [www.bepreparedcalifornia.ca.gov/BeInformed/NaturalDisasters/ExtremeHeat](http://www.bepreparedcalifornia.ca.gov/BeInformed/NaturalDisasters/ExtremeHeat)
- <https://www.ready.gov/heat>

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Public Health