



FOR IMMEDIATE RELEASE

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[2017 Preparedness Updates](#)

2017 – PREPAREDNESS Heat Wave!

The [National Weather Service](#) has issued an Excessive Heat Warning through next week, and just like with any potential threat, proactive preparedness is essential. Please keep these tips in mind:

- Drink plenty of water and avoid drinks with caffeine or alcohol. (Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.)
- NEVER leave children or pets alone in closed vehicles.
- Check on family, friends, and neighbors – especially if they do not have air conditioning.
- Check on your animals frequently to ensure that they are not suffering from the heat.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

In addition to the increasing risk of runoff related flooding as the temperature rises, residents and visitors may be inclined to cool off in our local waterways. Please DO NOT float the river; water may look calm on the surface but heavy currents as well as debris are a significant risk. All local creeks and streams are running at full capacity due to historic snowpack and associated runoff. Calmer waterways that are suggested this year include: Diaz Lake, Klondike Lake, and Millpond.

For more tips on heat Safety check out: <https://www.ready.gov/heat>.

Stay safe and stay informed Inyo County!

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