

# Alameda County Heat Advisory

SSA BULLETIN

FINAL 7.19.2023

**Bulletin Title:** Alameda County Heat Advisory

**Subtitle:** Friday, July 21, 2023, through Saturday, July 22, 2023



The National Weather Service (NWS) has issued a Heat Advisory for the eastern areas of **Alameda County** from Friday, July 21, 11am through Saturday, July 22, 11pm. High temperatures are expected to reach the upper 90's to 107 degrees Fahrenheit. A heat advisory is issued when the NWS predicts the heat index is expected to reach 107 degrees Fahrenheit during the day and/or nighttime low temperature will be at least 75 degrees Fahrenheit or higher for at least 24hrs. The heat index is a measurement that considers both the temperature and the humidity, which can make it feel even hotter than it is.

## SAFETY TIPS

- Never leave children, or pets unattended in vehicles.
- Limit outdoor activity during the afternoon and evening.
- Use sunscreen if you plan to do outdoor activities.
- Stay hydrated and take cooling breaks.

## RESOURCES

- [AC Alert](#)
- [Alameda County Heat and Health](#)
- [Alameda County Health Care for the Homeless](#)
- [Alameda County Cooling Centers \(centers will be listed as they open\)](#)
- [Alameda County Community Development Agency Heat and Health Resources](#)
- [Alameda County 2-1-1 Eden I&R, Inc.](#)
- [The National Weather Service](#)

Take care and stay safe!

Government and Community Relations (GCR)

[Office of Disaster Preparedness and Emergency Management \(DPEM\)](#)

[SSADPEM@acgov.org](mailto:SSADPEM@acgov.org)