

Bulletin Title: Alameda County Excessive Heat Warning

Subtitle: Tuesday, July 02, 2024 through Saturday, July 06, 2024



The National Weather Service (NWS) has issued an Excessive Heat Warning for **Alameda County** from Tuesday, July 2, 11am through Saturday, July 06, 8pm. High temperatures are expected to reach the upper 90 to 110 degrees Fahrenheit expected for inland areas. An excessive heat warning is issued when the NWS predicts the heat index is expected to reach or exceed 110 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.

HEAT RELATED 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