



Weather Outlook



The Ready, Set, Go! Program encourages proactive measures to take before an emergency and actions to follow when communities are threatened.

1. Ready: "Prepare Now"

- Be aware of hazards that threaten your community.
- Create defensible space around your home and clear vegetation to protect from fire.
- Build an emergency kit enough water, food, and emergency supplies for 72 hours.

2. Set: "Be Alert"


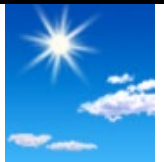

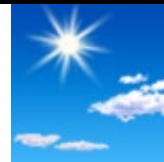

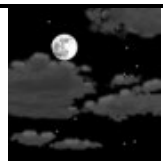




- There is significant danger in your area.
- Consider voluntarily relocating to a shelter or with family/friends outside the affected area.
- Stay aware of the latest news and information from public safety officials.

3. Go: "Evacuate"

- Danger in your area is imminent and life threatening. Take your emergency go kit and evacuate immediately to a shelter or with family/friends out the affected area.
- Follow instructions from emergency personnel.

Date: September 30th- October 4th, 2024

The weather for today will be sunny with a high of 105 degrees and will have a low of 75 degrees. There will be an Excessive Heat Warning remains in effect until Friday evening with highs reaching 110 degrees. Tuesday going into Wednesday will be sunny with highs reaching 105-110 degrees. Thursday going into Friday will be mostly sunny with highs in the 100's and lows in the 70's. The weekend will continue to be sunny with highs in the 100's and lows in the 70's.


Excessive Heat Warning Monday	Excessive Heat Warning Tuesday	Excessive Heat Warning Wednesday	Excessive Heat Warning Thursday	Excessive Heat Warning Friday
 Sunny High: 105°	 Sunny High: 109°	 Sunny High: 105°	 Sunny High: 105°	 Sunny High: 107°
Monday Night	Tuesday Night	Wednesday Night	Thursday Night	Friday Night
 Partly Cloudy Low: 75°	 Partly Cloudy Low: 78°	 Mostly Clear Low: 73°	 Clear Low: 72°	 Clear Low: 74°

THE ULTIMATE HYDRATION GUIDE

Do you know **how much water your body needs every day?**

The amount of water required to stay hydrated is different for everyone.

THE FORMULA



Note that if you are thirsty, your body is likely already dehydrated.

Here are some additional signs of dehydration:

- Infrequent urination or dark-colored urine
- Dry mouth and cracked lips
- Headaches or blurred vision
- Muscle cramping

Finally based on the temperature you will sweat more and need to replace that fluid. **It is common to sweat anywhere from 100 milliliters to several liters per day.**

