



## For immediate release:

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**From:** Alternate Public Information Officer Lori Beatley

### **NWS Issues Heat and Fire Condition Warnings for Plumas County**

The National Weather Service has issued elevated Heat and Fire Condition Warnings for Labor Day weekend for Plumas County. Starting Saturday, September 3, 2022, and going into the week the risk level is Major for Plumas County. This coming heat wave can be dangerous, even deadly, especially to the very young and the old. Hot, dry weather also increases the danger of wildfire. As it gets hotter it is important to follow the following heat and fire safety tips:

#### Heat safety tips:

- Avoid strenuous activity and direct exposure to the sun during the hottest part of the day (4:00 p.m.- 7:00 p.m.).
- Stay cool at home or indoors.
- If you go outside, wear lightweight, loose-fitting clothing. A hat can help shade your face from the direct sunlight. Protect your skin by using sunscreen with SPF 30 or above.
- Stay hydrated. Don't wait until you are thirsty to drink water. Minimize alcohol intake, as it can cause dehydration.
- **Never** leave children or pets in the car – no exceptions.
- Open windows and doors in the evening, after 7:00 pm, to allow house to cool down and ensure to close window/doors, including blinds/drapes in morning to help keep house cool through the heat of the day.
- Check on your neighbors and family – The heat is very hard on the elderly and those with medical conditions.

#### Fire Safety Tips:

- Plumas National Forest is in Stage 2 Fire restrictions: Campfires and stove fires are only allowed in designated recreation sites with a host. For more information <https://www.fs.usda.gov/plumas>
- Only drive a vehicle on designated paved, gravel or dirt roads.
- Mow before 10:00 a.m., but never when it's windy or excessively dry. Lawnmowers are designed to mow lawns, not weeds or dry grass. Metal blades striking rocks can create sparks that start fires.
- Use caution when working outdoors. Chainsaws and hand tools can also start fires.
- Don't let cigarette butts pile up - the materials are combustible and may smolder for several hours before causing a fire. Never toss smoking materials out on the roadway or into landscaping.

This holiday weekend it is important to remember to be safe while having fun. For more information regarding heat safety go to the following website: <https://www.ready.gov/heat>