



**Office of the City Manager
News Release**

FOR IMMEDIATE RELEASE

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Be Safe: Extreme Heat Brings Risk of Illness

BOULDER CITY - We live in the desert, but some days, temperatures come close to record-setting heat with dangerous impacts. The National Weather Service issued an Extreme HeatRisk Excessive Heat Warning today through Monday. This level of rare or long-duration extreme heat is defined by little overnight relief. The current forecast calls for highs of 107-115 in Boulder City, with lows hovering in the 80's.

Boulder City's first responders and staff remind residents to help one another. "This is a good time to call or text family, friends and neighbors to check on them throughout the day," said City Manager Taylour Tedder. "Also remember that young children and pets should never be left unattended in vehicles. Make sure kids can't get into a parked car by locking car doors and placing keys where they can't be reached." Car interiors can reach 180+ degrees in this heat with fatal results in a short period of time.

Extreme heat can cause health issues like dehydration, heat cramps, heat stroke and exhaustion. Drink plenty of non-alcoholic beverages, stay in a cool, air-conditioned room, avoid sun exposure. Avoid strenuous activity outdoors. Know the symptoms of heat stroke and heat exhaustion:

- **HEAT STROKE:** If someone has a throbbing headache, confusion, faints or loses consciousness, has a rapid pulse and/or a fever above 103-degrees, CALL 911 IMMEDIATELY. Heat strokes can be deadly.
- **HEAT EXHAUSTION:** Symptoms include dizziness, blurred vision, headache, fever, fatigue, nausea, rapid/shallow breaths, and/or severe sweating/clammy skin. Get the person into a cool environment right away, have them lie down and place cold, wet towels on neck and forehead to cool them down. If symptoms worsen or they do not recover in 60 minutes, seek medical assistance.

The Senior Center of Boulder City offers an air-conditioned building for older Boulder City residents to get out of the heat Monday through Friday from 8 a.m. until 3 p.m. at 813 Arizona Street. "Our older residents are at greater risk of heat illness because of certain variables: aging can make it more difficult to cool down and some medications can contribute to dehydration," said Victoria Mason, Executive Director of the Senior Center. "We want our seniors to be extra cautious in the coming days. If they start to experience any symptoms of heat illness, they should contact their physician right away. The longer they wait, the more damage the heat can do."

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