



Weather Outlook



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

Date: September 16th-22nd, 2024

The weather for today will be sunny with a high of 100 degrees and will have a low of 73 degrees. Cooler conditions are expected the rest of the workweek with valley highs expected to drop into the mid-90s on Tuesday for the first time since May. Overnight lows will drop to the 60s, with outlying areas possibly seeing some upper 50s by the end of the week. Wednesday will be mostly sunny with a high of 104 degrees and will have a low of 74 degrees. Thursday going into Friday will be mostly sunny with highs in the 100's and lows in the 80's. The weekend will continue to be sunny with highs in the 100's.

1. Ready: "Prepare Now"


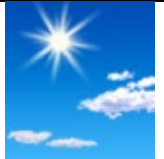




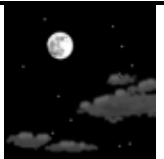

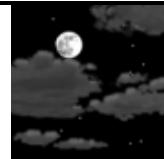

- Be aware of hazards that threaten your community.
- Create defensible space around your home and clear vegetation to protect from fire.
- Build an emergency kit enough water, food, and emergency supplies for 72 hours.

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.

Tuesday	Wednesday	Thursday	Friday	Saturday
 Sunny High: 93°	 Sunny High: 94°	 Sunny High: 93°	 Sunny High: 91°	 Sunny High: 96°
Tuesday Night	Wednesday Night	Thursday Night	Friday Night	Saturday Night
 Mostly Clear Low: 69°	 Mostly Clear Low: 72°	 Mostly Clear Low: 73°	 Mostly Cloudy Low: 71°	 Mostly Clear Low: 71°

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

$\frac{\text{Your Weight (in pounds)}}{2} + \left(\frac{\text{Total Minutes Exercising}}{30} \right) \times 12 = \text{Number of Ounces of H}_2\text{O}$

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.**