




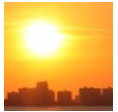
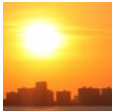
# Weather Outlook



*Date: June 6<sup>th</sup>-10<sup>th</sup>, 2022*

This week there will be an **Excessive Heat Watch** with highs ranging from 110 to 112 degrees and lows in the 80's. Today temperature will be 105 degrees in the Community. Tuesday will be mostly sunny with a high of 107 degrees and will have a low of 76 degrees. Wednesday will have a high of 108 degrees with a low of 79 degrees. The weekend will continue to be hot with a high of 112 degrees and lows in the 80's.

## STAY COOL & STAY HYDRATED

Monday	Tuesday	Wednesday	Excessive Heat Watch Thursday	Excessive Heat Watch Friday
				
Sunny High: 105° Low: 74°	Sunny High: 107° Low: 76°	Sunny High: 108° Low: 79°	Sunny High: 110° Low: 80°	Sunny High: 111° Low: 82°

### Heat Preparedness










#### Tips:

For those GRIC Employees who work outdoors.

Below are a few safety tips:

- Nationwide, the #1 weather related killer.
- Prolonged heat stresses the body.
- Stay inside in a cool ventilated place whenever possible.
- Restrict outdoor activities to early morning or evening.
- If you must be outside, wear loose-fitting, light clothing
- Drink plenty of water and take frequent breaks.
- Residents are encouraged to check on family members and elder neighbors.

Office of Emergency Management  
[gricready.com](http://gricready.com)  
[gricready.org](http://gricready.org)

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
 Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin 
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse 		Rapid, strong pulse 
Muscle cramps 		May lose consciousness 
<ul style="list-style-type: none"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul>		<h2>CALL 9-1-1</h2> <ul style="list-style-type: none"> <li>• Take immediate action to cool the person until help arrives</li> </ul>