

## **Sacramento heat may tie more than 100-year record this week. Will it worsen air quality?**

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The Sacramento Bee, Wednesday, June 8, 2022

Hot temperatures are back to scorching the Sacramento area with Thursday forecast at 99 degrees, Friday at 105 and Saturday at 100.

The National Weather Service in Sacramento issued an excessive heat watch, warning of dangerous heat 11 a.m. to 10 p.m. Friday.

Eric Kurth with the weather service said that Friday's 105-degree forecast would tie the record set in 1918. And while temperatures might be searing, it will get less hot through the weekend. Kurth said Saturday evening will be cooler with the Delta breeze coming in.

### **WILL THE HEAT WORSEN AIR QUALITY?**

Temperatures and air quality are tied together.

According to the Center for Science Education, the temperature of the air affects how air and air pollutants move.

"Some pollution, such as ground-level ozone, is made more efficiently in sunny, hot weather," the center wrote on its website. "The reactions that create harmful ozone in our atmosphere require sunlight. In the summers and especially during extreme heat waves, ozone often reaches dangerous levels in cities or nearby rural areas."

The organization added that heat waves can worsen air quality because hot temperatures and stagnant air increase ozone and particulate pollution.

### **PROTECT YOURSELF FROM AIR POLLUTION**

You can mitigate the effects that heat waves have on air quality by avoiding exercise in high traffic areas and the outdoors when pollution levels are high, according to the American Lung Association.

The association said you should also avoid burning firewood or trash, smoking indoors and gas-powered lawn equipment because it can increase pollution.

You can check up-to-date air quality in your area by checking the interactive map below.

### **AVOID THE HEAT**

To avoid the dangers of heat in Sacramento, the weather service advises people to drink a lot of water, avoid heavy activities outside from 10 a.m. to 8 p.m. and stay in air conditioned areas. If you need to stay in a cooling center in Sacramento County, there are a few to choose from Friday, including: Department of Human Assistance annex at 1725 28th Street, Sacramento; the DHA service center at 2450 Florin Road, Sacramento; and the DHA service center at 5747 Watt Ave., North Highlands.

Residents should also dress appropriately and check on pets, children and the elderly.