

Extreme Heat Warning

National Weather Service · Southern California

NWS Los Angeles/Oxnard & San Diego

In effect until 8 PM PDT Thursday, October 8, 2026



Extreme Heat Warning: How NWS Los Angeles/Oxnard and San Diego Heat Clocks Run Through October 8 for Southern California Counties

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National Weather Service Extreme Heat Warning remains in effect until 8 PM PDT Thursday, October 8, 2026 for coasts and valleys across Los Angeles, Ventura, Orange, San Diego, and Inland Empire zones — how to read the warning clocks by county.

The National Weather Service (NWS) has an active Extreme Heat Warning across large parts of Southern California. On October 2, 2026, NWS Los Angeles/Oxnard continued the warning for coasts and valleys of Los Angeles and Ventura Counties until 8 PM PDT Thursday, October 8. The same evening, NWS San Diego refreshed Extreme Heat Warning products covering Orange County coastal and inland zones, San Diego County coast and valleys, Santa Ana Mountains, and Inland Empire valleys, also through 8 PM PDT October 8.

This paper is a durable public brief on how those warning clocks work — not a live radar. Always check the current product on weather.gov or api.weather.gov before you plan outdoor work, school sports, or transit.

What the Los Angeles/Oxnard product says

From the active CAP alert issued by NWS Los Angeles/Oxnard (headline: Extreme Heat Warning issued October 2 at 10:38 AM PDT until October 8 at 8:00 PM PDT):

- WHAT: Dangerously hot conditions with temperatures up to 90°F at the coast and 105°F in the valleys.
- WHERE: Coast and valleys of Los Angeles and Ventura Counties (zones include Santa Clarita Valley, Ventura County beaches and inland coast, Malibu Coast, Los Angeles County beaches, Palos Verdes Hills,

downtown/inland coast LA, and related zones listed in the alert's areaDesc).

- WHEN: Until 8 PM PDT Thursday (October 8, 2026).

- IMPACTS: Heat-related illnesses increase significantly during extreme heat events.

- ADDITIONAL DETAILS: Very hot temperatures are likely to continue into the second week of October, possibly requiring an extension of this product.

NWS instructions in the product: drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check on relatives and neighbors.

What the San Diego / Orange / Inland Empire products say

NWS San Diego's Extreme Heat Warning family (issued October 2 at 9:13 PM PDT, ends October 8 at 8:00 PM PDT) covers, among other zones:

- Orange County Inland — highs up to about 101°F in the heat warning language; some zones also carry a Wind Advisory for Saturday daytime.

- Orange County Coastal — mid-80s to around 90 near the coast; mid-90s to around 100 on higher coastal terrain; warm nights mostly in the 70s.

- San Diego County Coastal Areas — mid-80s to lower 90s near the coast; mid-90s to low 100s on mesas/higher coastal terrain.

- San Diego County Inland Valleys — upper 90s to 105°F, with very warm nights.

- Inland Empire (San Bernardino and Riverside County Valleys) — upper 90s to 105°F.

- Santa Ana Mountains and Foothills — highs up to about 100°F.

Exact zone lists and wind add-ons change when NWS updates the product. Treat the API or local forecast office page as the clock.

How warning clocks map to counties

| County focus | Typical NWS office | Clock in current products |

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| Los Angeles, Ventura, Santa Barbara coastal/mountain zones | NWS Los Angeles/Oxnard (KLOX) | Extreme Heat Warning through 8 PM PDT Oct 8 |

| Orange, San Diego, Inland Empire valleys | NWS San Diego (KSGX) | Extreme Heat Warning through 8 PM PDT Oct 8 |

A Warning is stronger than an Advisory. It means dangerous heat is expected or occurring — not a gentle “feels warm” note. County emergency managers and school districts often key outdoor-work or sports decisions to NWS heat products, but each agency sets its own rules. This paper does not speak for any county.

Practical checklist while the Extreme Heat Warning is up

1. Recheck the zone product each morning at weather.gov or your county emergency page.
2. Shift heavy outdoor work to early morning when possible.

3. Never leave children or pets in a parked vehicle.
4. Know cooling-center information from your city or county if you lack reliable air conditioning.
5. Watch for an extension: NWS already flagged that heat may continue into the second week of October.

Primary sources

1. api.weather.gov active Extreme Heat Warning products for California (NWS Los Angeles/Oxnard and NWS San Diego CAP alerts ending 2026-10-08T20:00:00-07:00), retrieved October 3, 2026 PT.
2. NWS product language: "Extreme Heat Warning remains in effect until 8 PM PDT Thursday" — Los Angeles/Oxnard coast/valley text (up to 90 coast / 105 valleys).
3. NWS public alert documentation: <https://www.weather.gov/documentation/services-web-alerts>

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Notes

- Author: Ryan Standley / Record of Sale, LLC / Notice Nearby.
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