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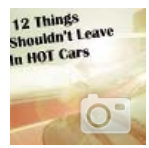
SACRAMENTO, Calif. (KCRA) — Excessive heat is here to stay for possibly six consecutive days as temperatures crack the century mark Friday afternoon in Sacramento, beginning a stretch of heat that has already prompted a weekend heat watch.

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The KCRA 3 First Alert Weather Team is tracking the summer weather, forecasting that the Delta breeze will provide little relief. There's little to no breeze pumping through the Valley.

Friday's high is expected to reach 102.

By 9 a.m. temperatures will reach 79 degrees; by noon, 92 degrees; and at 5 p.m. the peak of the heat tops out at 102 in Sacramento.

Excessive-heat watches were also posted for the 450-mile length of the Central Valley from Bakersfield north to Redding, and advisories were issued for interior valleys of the San Francisco Bay and Monterey Bay region, where highs are expected to range from the 90s to 105.

Deputies expect big crowds, calls during high heat

A heat watch for the Central Valley begins Sunday and continues through Wednesday. Not only is Sacramento expected to reach triple-digit heat for a string of six days, but temperatures will hover at or above record levels early next week.

Experts warned people to stay out of the sun, wear broad-brimmed hats outdoors, drink lots of water and avoid putting pets and children in parked cars where the temperature can quickly soar. Drivers who might find themselves stuck in a hot car should carry extra sunglasses, water, snacks and any prescription medications they may need, said Ken Kondo, a program specialist with the Office of Emergency Management of Los Angeles County's Chief Executive Office.

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