



# 2023 General Hot Weather Safety Messages

## 1. Hot Weather Safety Tips

Warmer temperatures are returning to Santa Clara County. Now is the time to protect yourselves and your loved ones from the impacts of heat risk, which can include heatstroke, heat exhaustion, heat cramps, sunburn, rash, and other serious conditions.

We encourage you to take the necessary precautions, including:

1. Drinking plenty of water and fluids with electrolytes even if you do not feel thirsty.
2. Limiting physical activity during peak heat hours.
3. Never leave children and/ or pets in a parked car.
4. Wearing light-colored, loose-fitting, or lightweight clothing.
5. Checking on your family, friends and neighbors who may be more vulnerable to heat impacts.

If you see someone in distress due to the heat impacts, call 9-1-1. Please visit [PrepareSCC.org/HotWeather](https://PrepareSCC.org/HotWeather) for more safety tips.

Stay cool and hydrated,

### Hot Weather Safety Tips

- Drink water even if you are not thirsty.
- Limit physical activity to prevent heat-related illnesses.
- Do not leave children in hot cars.
- Have children play in shaded areas.
- Wear lightweight, light-colored clothing.
- Stay indoors in an air-conditioned space.
- Wear sunblock.
- Do not leave pets in hot cars.
- Call 9-1-1 if you see someone in distress.

## 2. Drink Water

Stay cool by staying hydrated! Reduce your risk for heat stress and heat exhaustion by drinking water and beverages that contain electrolytes even when you don't feel thirsty, and avoid alcoholic and sugary drinks. Visit [PrepareSCC.org/HotWeather](https://PrepareSCC.org/HotWeather) for more safety tips!

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- Drink Water



- Make water your drink of choice.
- Drink water even if you don't feel thirsty.
- Rest and drink beverages that contain electrolytes to avoid heat cramps.
- Call 9-1-1 if you see someone in distress.

### 3. Check on Family, Friends and Neighbors

With hot weather returning to Santa Clara County, it's extremely important to check in on our family, friends and neighbors who may be more vulnerable to heat impacts. Make sure they are drinking enough water and have access to air conditioning space. If they need an air-conditioned space, help drive them to the nearest public space, including County Libraries. For Cooling Center information, please visit [PrepareSCC.org/HotWeather](https://PrepareSCC.org/HotWeather).

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- Check on Family, Friends and Neighbors
- Share with them the symptoms of heat stroke and heat exhaustion.
- Share our hot weather safety tips.
- Help find resources, including cooling centers or an air-conditioned space.
- Check to see if there is enough drinking water in their home.
- Call 9-1-1 if you see someone in distress.

### 4. Heat Vulnerability and Older Adults

Your older family members and neighbors are particularly vulnerable to heat. Encourage daily in-person check-ins with your parents, grandparents and loved ones. Keep them cool by gifting them handheld fans and spray bottles. Encourage them to stay in air-conditioned indoor spaces such as malls, libraries, and community centers.

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### 5. Direct Sunlight and Older Adults

Direct sunlight and high environmental temperatures are not suitable for older adults. Encourage your elders to refrain from performing outdoor activities in the heat. Grab them some ice cream instead and enjoy the cool indoors together. For more hot weather safety tips, visit



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- Encourage your elders to refrain from performing outdoor activities in the heat.
- Share the symptoms of heat-related illnesses.
- Remind them that their health is more important than outdoor chores or errands.

## 6. Hot Weather Emergency Kit

Community members are encouraged to take safety measures to prevent heat-related illnesses. Stay cool, and be sure to pack the right materials in your hot weather emergency kit. Learn more at [PrepareSCC.org/HotWeather](http://PrepareSCC.org/HotWeather).

Hot Weather Emergency Kit

- Local Cooling Center list
- UV sunglasses
- Loose-fit clothing
- Sunblock
- Wide-brim hat

## 7. Heat and Car Safety

Heat and enclosed spaces don't mix, especially for your pets and loved ones. In just 10 minutes, heat can rise up to 20 degrees in a car. Visit [PrepareSCC.org/HotWeather](http://PrepareSCC.org/HotWeather) to learn more about heat and car safety.

Heat & Car Safety

- NEVER leave children or pets alone in hot vehicles! Heat can rise in a car up to 20 degrees in just 10 minutes.
- Even with the windows rolled down, only minutes in a hot car can be deadly for your pet! NEVER leave your pets in the car.
- If you see a child in a hot car - act fast! You could save a life.

## 8. Alcohol and Heat Don't Mix

Alcohol and extreme heat don't mix. Consuming alcohol during extreme heat heightens the risk of dehydration. Refrain from alcoholic beverages and switch to water instead. If you see someone experiencing a heat-related medical emergency, please call 9-1-1 immediately. To learn more about how to prevent heat-related illnesses, please visit [www.PrepareSCC.org/HotWeather](http://www.PrepareSCC.org/HotWeather).

Alcohol and Heat Don't Mix

- Encourage yourself and others to refrain from drinking alcohol and switch to water instead.



- Consuming alcohol during extreme heat heightens the risk of dehydration.
- Drinking alcohol causes our body to lose fluids at a faster rate.

## 9. Limit Physical Activity Outdoors

Community members should limit outdoor activity to protect themselves and their loved ones from the impacts of extreme heat, including heatstroke, heat exhaustion, heat cramps, sunburn, and rash. For additional hot weather safety tips, visit [PrepareSCC.org/HotWeather](https://PrepareSCC.org/HotWeather).

### Limit Physical Activity Outdoors

- Avoid outdoor activities during hot weather.
- Stay indoors in an air-conditioned space.
- Wear loose-fitting, lightweight, and light-colored clothes.
- Call 9-1-1 if you see someone in distress.

## 10. Child Safety

Children love to play! But before sending them outside, be sure you've taken precautions to minimize the heat impacts. Remind them to drink water, set a timer so they know when to take a break from playing and rest under a shaded area, and be sure to help children put on plenty of sunblock. For more hot weather safety tips, visit [PrepareSCC.org/HotWeather](https://PrepareSCC.org/HotWeather).

### Keeping Children Safe in Hot Weather

- Stay indoors if possible, build a fort, and play games together.
- If outdoors, have children play in shaded areas or take frequent water breaks.
- Put sunblock on children.
- Never leave children in parked cars.
- Call 9-1-1 if a child is in distress.

## 11. Pet Safety

Don't forget our furry family members! Pets need extra support when it's hot outside. Plan for them too. For more hot weather safety tips, visit [PrepareSCC.org/HotWeather](https://PrepareSCC.org/HotWeather).

### Pet Safety

- Test sidewalks with your hand. If it's too hot for your hands, it's too hot for your pets.
- Pets need their own supply of drinking water. Carry extra water.
- Be sure to have your pets take frequent breaks and rest in shaded areas.
- Never leave pets in a hot car.
- Call 9-1-1 if you see a pet in distress.



## 12. Protect Their Paws

Being a dog is ruff, especially when extreme heat causes the ground to reach dangerous temperatures. Make sure to protect your furry family member's paws when taking a walk outside. Test sidewalks with your hand. If it's too hot for your hands, it's too hot for your pet's paws. Visit: [PrepareSCC.org/HotWeather](https://PrepareSCC.org/HotWeather) for more info.

Be Careful, It's Hot!

- Protect Their Paws
- Learn More:

## 13. Outdoor Workers & Heat Safety

Did you know that over 70% of heat-related deaths occur during a worker's first week? If you are just starting a job or have been working at a job that requires you to work outdoors, check your employer's heat illness prevention program and emergency plan. Get trained on heat hazards and steps to prevent heat-related illnesses. Know where the drinking stations are located. Take precautions now by dressing for hot conditions, drinking plenty of water and taking frequent breaks. Always be on the lookout for signs of heat exhaustion and heat stroke – know the difference. For more information, please visit [PrepareSCC.org/HotWeather](https://PrepareSCC.org/HotWeather).

## 14. Cooling Centers

Need a place to stay cool? Cooling Centers are available throughout Santa Clara County. Visit [PrepareSCC.org/HotWeather](https://PrepareSCC.org/HotWeather) to find a Cooling Center near you!