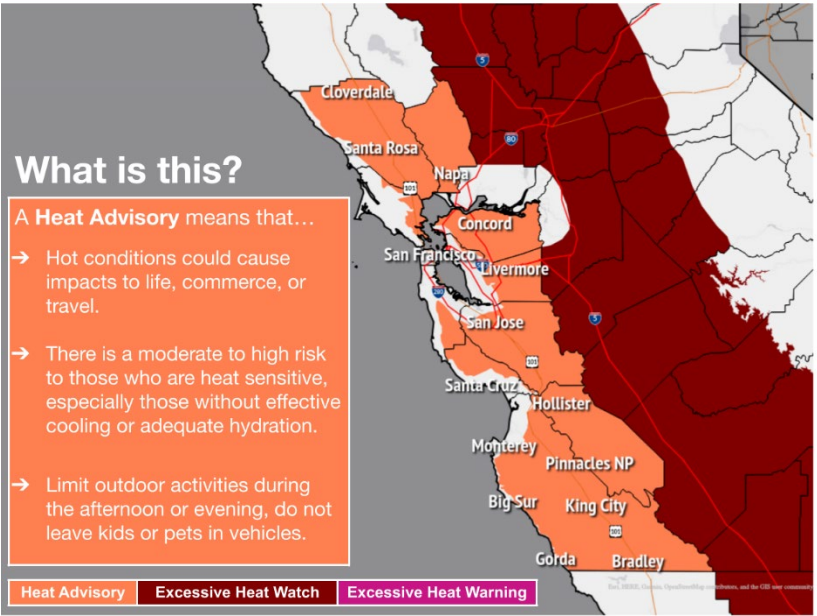


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Hot Weather Expected

Friday (6/30/23) through Sunday (7/2/23)



What is this?

A **Heat Advisory** means that...

- Hot conditions could cause impacts to life, commerce, or travel.
- There is a moderate to high risk to those who are heat sensitive, especially those without effective cooling or adequate hydration.
- Limit outdoor activities during the afternoon or evening, do not leave kids or pets in vehicles.

Heat Advisory Excessive Heat Watch Excessive Heat Warning

KEY POINTS

- **Warm temperatures arrive late week into next weekend**
- **Heat Advisory issued for Friday to Sunday**
- **Highs generally in the 90s and 100s for inland areas producing a moderate HeatRisk**

The [National Weather Service](#) anticipates hot temperatures in Cupertino beginning on Friday, June 30th and lasting through Sunday, July 2, 2023. There is a moderate risk for heat-related illnesses for pets, livestock, and those who are sensitive to heat, especially those without effective cooling and/or adequate hydration. As this is the first heat event of the season, people and pets may be more susceptible to heat effects. Stay hydrated, take cooling breaks, and never leave people or pets unattended in hot vehicles! County libraries, including the Cupertino Library, are available during regular business hours as places where people can go to get cool. Expanded shelter services may be available throughout the County.

Call 9-1-1 for life-safety concerns.

Please call 2-1-1 for shelter locations.



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Protect yourself and your community by taking necessary precautions:

1. Drink plenty of water: Drink water even if you don't feel thirsty. Avoid alcohol, caffeine or lots of sugar because they will speed up fluid loss.
2. Limit physical activity: Avoid physical activity during the hottest time of the day—10 a.m.-3 p.m.
3. Never leave people or pets in a closed, parked car.
4. Stay in air-conditioned areas, whenever possible.
5. Cool off by taking a bath or shower: Cool, plain water baths or moist towels work best. Do not cool children in alcohol baths.
6. Wear cool clothing: Lightweight, light-colored and loose-fitting clothing can help you keep cool. Cotton clothes are good because they let sweat evaporate.
7. Do not bundle babies: Babies do not handle heat well because their sweat glands are not fully developed. Do not put them in blankets or heavy clothing.
8. Cover your head: Wear a wide-brimmed, vented hat or use an umbrella when outdoors because your head absorbs heat easily.
9. Wear sunglasses and sunscreen: Use sunscreen with SPF 15 or higher when outdoors.
10. Rest often in shady areas: Find shady places to cool down when outdoors.
11. Check on frail or elderly family, friends, or neighbors often.
12. **Call 9-1-1 for life-safety concerns**
13. The latest weather forecasts and updates can be found at www.weather.gov/BayArea

Help the City to share information with residents who are learning English. The County Office of Emergency Management offers these tips and other Hot Weather Safety Messaging in five languages:

<https://emergencymanagement.sccgov.org/residents/hot-weather-safety>