



FOR IMMEDIATE RELEASE

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Public Locations for Heat Relief

****Please scroll down to access translated versions in Spanish, Chinese and Filipino or visit www.sf72.org****

San Francisco has a variety of public places people can go to seek relief from the heat.

City and County of San Francisco Public Pools:

Balboa Pool

- 10:00 a.m. – 11:00 a.m.: One lane available for FREE heat relief
- 12:00 p.m. – 2:30 p.m.: One lane available for FREE heat relief
- 3:00 p.m. – 4:00 p.m.: FREE Recreation Swim
- 4:30 p.m. – 6:00 p.m.: Small Pool available for FREE heat relief

Coffman Pool

- 10:00 a.m. – 1:00 p.m.: One lane available for FREE heat relief
- 2:45 p.m. – 3:45 p.m.: FREE Recreation Swim
- 6:00 p.m. – 7:00 p.m.: One lane available for FREE heat relief

Hamilton Pool

- 10:00 a.m. – 1:00 p.m.: One lane/small pool available for FREE heat relief
- 2:00 p.m. – 3:00 p.m. FREE Recreation Swim

MLK Pool

- 10:30 a.m. – 12:30 p.m.: One lane available for FREE heat relief
- 3:00 p.m. – 4:00 p.m.: FREE Recreation Swim
- 6:30 p.m. – 7:30 p.m.: One lane available for FREE heat relief

Mission Pool

- 10:30 a.m. – 1:30 p.m.: One lane available for FREE heat relief
- 3:00 p.m. – 4:30 p.m.: FREE Recreation Swim
- 4:45 p.m. – 7:30 p.m.: One lane available for FREE heat relief

North Beach Pool

- 12:00 p.m. – 1:30 p.m. One lane available for FREE heat relief
- 2:30 p.m. – 3:30 p.m. FREE Recreation Swim

Sava Pool

- 9:30 a.m. -11 a.m.: One lane available for FREE heat relief
- 12:00 p.m. – 2 p.m.: One lane available for FREE heat relief
- 2 p.m. – 4 p.m.: FREE Recreation Swim
- 6:30 p.m.- 8:30 p.m.: One lane available for FREE heat relief

Suggested free public spaces with air conditioning:

- Main Library (entire building)
- Chinatown Branch Library (program rooms only)
- Glen Park Branch Library (program rooms only)
- Mission Bay Branch Library (program rooms only)
- Mission Branch Library (Children's rooms only)
- North Beach Branch Library (program rooms only)
- Potrero Hill Branch Library (program rooms only)
- SF Museum of Modern Art (Public Knowledge Space only)

Library locations and hours can be found at www.sfpl.org.

The following museums have air conditioned lobbies that are open to the public during business hours:

- Contemporary Jewish Museum, 736 Mission Street
- Yerba Buena Center, 701 Mission Street
- SF MOMA, 151 3rd Street
- SF MOAD, 685 Mission Street
- DeYoung Museum, 50 Hagiwara Tea Garden Drive
- Legion of Honor, 100 34th Street
- War Memorial Veterans Building, 401 Van Ness Avenue

Pet-friendly Parks with shade:

- Golden Gate Park Dog Play Areas 1, 2 and 3
- McLaren Park Geneva Dog Play Area
- Crocker Amazon Dog Play Area
- Buena Vista Dog Play Area
- Pine Lake Park Dog Play Area
- Stern Grove Dog Play Area

City College of San Francisco has the following locations available:

- City College of San Francisco Chinatown North Beach Campus, 808 Kearney Street
- City College of San Francisco, Ocean Campus, Wellness Center, 50 Frida Kahlo Way
- City College Mission Campus, 1125 Valencia Street

The San Francisco Police Department will have water at the following police stations while supplies last:

- Central Station, 766 Vallejo Street
- Southern Station, 1251 3rd Street
- Bayview Station, 201 Williams Avenue
- Mission Station, 630 Valencia Street
- Northern Station, 1125 Fillmore Street
- Park Station, 1899 Waller Street
- Richmond Station, 461 6th Avenue
- Ingleside Station, 1 Sgt. John V. Young Lane
- Taraval Station, 2345 24th Avenue
- Tenderloin Station, 301 Eddy Street

People are encouraged to take the following measures to stay healthy and safe:

- Drink enough water to stay hydrated
- Wear light clothing
- Stay inside in a cool place, if possible
- Wear a hat if you must go outside
- Avoid strenuous activity
- Prepare for the heat by pulling shades down during the day and keeping windows open at night
- Use damp cloths on your neck, head and chest to cool down
- Please do not leave animals and any vulnerable individuals in a hot home or car without supervision.
- **Water Safety** is important for all ages, especially toddlers
 - Make sure there is close supervision when factors that influence drowning risk are present:
 - **Lack of Swimming Ability**

- **Lack of Barriers:** such as pool fencing, prevent young children from gaining access to the pool area without caregivers' awareness.
- **Window Safety**
 - Keep an eye on children or anyone who can be vulnerable to falling out of an open window. Make sure there are appropriate safeguards when there is an open window to keep toddlers and small children safe. Window screens will not prevent someone from falling
- **Pet Safety**
 - Animals can die of heatstroke within 15 minutes. Heatstroke develops when pets are left in cars or when they do not have access to cool water and shade when temperatures are high.
 - Never leave pets unattended in a vehicle.
 - If it feels too hot for you in your home, it is too hot for your pet, too. Walk your pet on leash on a shady trail and bring water for your pet.

Call 9-1-1 immediately if you or someone you know is having a medical emergency or showing signs of a heat stroke. Symptoms include:

- Extremely high body temperature 103°+
- Difficulty breathing
- Red, hot, dry skin (with no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Mental Confusion
- Delirium
- Hallucinations
- Chills
- Unconsciousness

San Francisco tiene una variedad de lugares públicos disponibles si decía buscar alivio de calor.

Piscinas del Condado y Ciudad de San Francisco:

Durante el día de hoy, el 24 de septiembre, la albercas listadas abajo, estarán abiertas y gratuitas para el público:

La Balboa Piscina (entre San Jose Ave. y Havelock):

- 10:00 am – 11:00 am: Solo un carril individual GRATIS
- 12:00 pm – 2:30 pm: Solo un carril individual GRATIS
- 3:00 pm – 4:00 pm: Natación de recreo GRATIS
- 4:30 pm – 6:00 pm: la piscina pequeña GRATIS

La Coffman Piscina (1701 Visitation Ave):

- 10:00 am – 1:00 pm: Solo un carril individual GRATIS
- 2:45 pm – 3:45 pm: Natación de recreo GRATIS
- 6:00 pm – 7:00 pm: Solo un carril individual GRATIS

La Hamilton Piscina (1900 Geary):

- 10:00 am – 1:00 pm: la piscina pequeña GRATIS
- 2:00 pm – 3:00 pm: Natación de recreo GRATIS

La Martin Luther King piscina (entre la 3rd street y Armstrong):

- 10:30 am – 12:30 pm: Solo un carril individual GRATIS
- 3:00 pm – 4:00 pm: Natación de recreo GRATIS
- 6:30 pm – 7:30 pm: Solo un carril individual GRATIS

La Mission Piscina (entre la 19th street y la Guerrero):

- 10:30 am – 1:30 pm: Solo un carril individual GRATIS
- 3:00 pm – 4:30 pm: Natación de recreo GRATIS
- 4:45 pm – 7:30pm: Natación de recreo GRATIS

La North Beach Piscina (651 Lombard Street):

- 12:00 pm – 1:30 pm: Solo un carril individual GRATIS
- 2:30 pm – 3:30 pm: Natación de recreo GRATIS

La Sava Piscina (entre 19th Ave. y Wawona):

- 9:30 am – 11:00 am: Solo un carril individual GRATIS
- 12:00 pm – 2:00 pm: Solo un carril individual GRATIS
- 2:00 pm – 4:00 pm: Natación de recreo GRATIS
- 6:30 pm – 8:30 pm: Solo un carril individual GRATIS

Los siguientes establecimientos tienen aire acondicionado:

- Biblioteca principal de San Francisco
- Biblioteca en Chinatown
- Biblioteca en Glen Park (solo los cuartos con programas)
- Biblioteca en North Beach (solo los cuartos con programas)
- Biblioteca en Protrero Hill (solo los cuartos con programas)

Si quiere información detallada sobre las horas de las bibliotecas, por favor de visitar el sitio de web: www.sfpl.org.

Los siguientes museos tienen aire acondicionado en sus recepciones que estarán abiertos durante el horario normal (cada uno tiene diferentes horarios – por favor averigüe el horario antes de llegar):

- Museo Judío Contemporáneo, 736 Mission Street
- El Centro de Yerba Buena, 701 Mission Street
- Museo de Arte Moderno de San Francisco, 151 3rd Street (solo el espacio de conocimiento público)
- Museo de la Diáspora Africana de San Francisco, 685 Mission Street
- Museo de DeYoung, 50 Hagiwara Tea Garden Dr
- Museo de Legion de Honor, 100 34th Street

Los siguientes parques del Departamento de Recreación y parques tienen más sombra en sus zonas de recreación para mascotas:

- Parque Golden Gate, zona de recreación canina 1, 2 y 3
- Parque McLaren, zona de recreación canina por la Geneva
- Parque Crocker Amazon, zona de recreación canina
- Parque Buena Vista, zona de recreación canina
- Parque Pine Lake, zona de recreación canina
- Parque Stern Grove, zona de recreación canina

El colegio de la ciudad de San Francisco tiene lo siguientes ubicaciones disponibles:

- El Campus de Chinatown North Beach, 808 Kearney Street
- El Campus de Ocean Avenue, Centro Comunitario de la Salud y Bienestar, 50 Frida Kahlo Way
- El Campus de la Mission North Beach, 1125 Valencia Street

El Departamento de Policía de San Francisco tendrán agua disponible en las siguientes estaciones:

- La estación Central, 766 Vallejo Street
- La estación de Southern, 1251 3rd Street
- La estación de Bayview, 201 Williams Avenue
- La estación de la Mision, 630 Valencia Street
- La estación Northern, 1125 Fillmore Street
- La estación Park, 1899 Waller Street
- La estación de Richmond, 461 6th Avenue
- La estación de Ingleside, 1 Sgt. John V. Young Lane
- La estación de Taraval, 2345 24th Avenue
- La estación de Tenderloin, 301 Eddy Street

Le recomendamos al público a tomar estas medidas para mantenerse saludable y seguro durante las temperaturas extremas:

- Beba abundante agua

- Use ropa ligera
- Permanezca adentro de un lugar fresco, si es posible
- Use un sombrero si tiene que salir
- Evitar la actividad extenuante
- Prepárese para el calor bajando las persianas durante el día y mantenga las ventanas abiertas en la noche
- Use paños húmedos en el cuello, la cabeza y el pecho para refrescarse
- Por favor, no deje a los animales ni a cualquier persona vulnerable en un hogar o un vehículo caliente sin supervisión
- **La seguridad en el agua** es importante para todas las edades, en particular los niños pequeños
 - Asegúrese de que haya cerca supervisión cuando factores poseen un alto riesgo de ahogamiento:
 - **Poca capacidad de nadar**
 - **Falta de barreras:** tales como las vallas alrededor de las piscinas para prevenir que los menores accedan el área de la piscina sin el conocimiento de sus cuidadores.
- **Seguridad de ventanas**
 - Para mantener a los menores y niños pequeños seguros, asegúrese de que haya protección adecuada cuando las ventanas estén abiertas.
 - Nunca deje solos a los niños pequeños y a las mascotas en vehículos cerrados.
- **Seguridad de mascotas**
 - Los animales pueden morir de insolación en 15 minutos. La insolación ocurre cuando dejan a las mascotas en un vehículo o cuando no tienen acceso a agua fresca ni sombra cuando hace calor.
 - Nunca deje a sus mascotas desatendidas en un vehículo.
 - Si siente mucho calor en casa, hace mucho calor para su mascota también. Saque a pasear a su mascota con una rienda llevándola por un camino sombrero y traiga agua consigo para su mascota.

Llame al 9-1-1 inmediatamente si usted o alguien que conoce está teniendo una emergencia médica o muestre signos de insolación. Los síntomas incluyen:

- Temperatura corporal extremadamente alta, por encima de los 103
- Dificultad para respirar
- Piel roja, caliente, seca (sin sudor)
- Pulso fuerte, rápido
- Dolor de cabeza punzante
- Mareo
- Náusea
- Confusión mental
- Delirio
- Alucinaciones
- Escalofríos
- Inconsciencia

市民可到以下的三藩市地點避暑

三藩市市及縣政府公共游泳池:

Balboa 游泳池

上午10:00 至下午11:00: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

上午12:00 至下午2:30: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

下午3:00 至4:00: 免費康樂游泳時間

下午4:30 至晚上6:00: 提供小池免費游泳避暑

Coffman 游泳池上午

上午10:00 至下午1:00: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

下午2:45 至3:45: 免費康樂游泳時間

晚上6:00 至7:00: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

Hamilton 游泳池

上午10:00 至下午1:00 : 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

下午2:00 至3:00: 免費康樂游泳時間

MLK 馬丁路德金游泳池

上午10:30 至下午12:30: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

下午3:00至 4:00: 免費康樂游泳時間

晚上6:30 至7:30: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

Mission 米慎區游泳池

上午10:30 至下午1:30: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

下午3:00 至4:30: 免費康樂游泳時間

下午4:45至7:30: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

North Beach 北岸區游泳池

中午12:00 至下午 1:30: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

下午2:30 至3:30: 免費康樂游泳時間

Sava 游泳池

上午9:30 至11:00 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

中午12:00 至下午2:00: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

下午2:00 至4:00: 免費康樂游泳時間

晚上6:30 至8:30: 泳池部分區域(one lane)將因認炎熱天氣而免費向公眾開放

以下三藩市圖書館設有冷氣空調 :

- Main Library 總圖書館

- Mission Bay 米慎灣分館 (活動室內)
- North Beach 北岸區分館 (活動室內)
- Chinatown 華埠分館
- Glen Park 分館 (活動室內)
- SFMOMA Public Knowledge Branch 三藩市現代美術館 (公眾認知館內)

欲知各圖書館地點及開放時間，請瀏覽網址 www.sfpl.org

設有冷氣空調的博物館大堂(Lobby)在辦公時間免費對外開放：

- Contemporary Jewish Museum, 位於736 Mission Street
- Yerba Buena Center, 位於701 Mission Street
- SF MOMA, 位於151 3rd Street
- SF MOAD, 位於685 Mission Street
- DeYoung Museum, 位於50 Hagiwara Tea Garden Drive
- Legion of Honor, 位於100 34th Street
- War Memorial Veterans Building, 401 Van Ness Avenue

康樂與公園局轄下設有最多蔭涼處的狗公園如下：

- 金門公園第1、2和3狗隻玩樂區
- McLaren Park Geneva狗隻玩樂區
- Crocker Amazon狗隻玩樂區
- Buena Vista狗隻玩樂區
- Pine Lake Park狗隻玩樂區
- Stern Grove狗隻玩樂區

以下三藩市市立大學分校設有冷氣空調：

- 華埠北岸區分校，位於808 Kearny 乾尼街
- Ocean 區分校, Wellness Center, 50 Frida Kahlo Way
- Mission 米慎區分校，位於1125 Valencia Street

三藩市警察局在以下分局向市民提供免費清水。數量有限，送完即止。

Central Station 中央分局，位於766 Vallejo Street
Southern Station 南區分局，位於1251 3rd Street
Bayview Station 灣景區分局，位於201 Williams Avenue
Mission Station 米慎區分局，位於 630 Valencia Street
Northern Station 北區分局，位於1125 Fillmore Street
Park Station 分局，位於1899 Waller Street
Richmond Station 列治文區分局，位於461 6th Avenue

Ingleside Station 英格西分局, 位於1 Sgt. John V. Young Lane

Taraval Station 日落區分局, 位於2345 24th Avenue

Tenderloin Station 田德龍區分局, 位於301 Eddy Street

市民在極度高溫下採取下列措施以維護個人健康和安全：

- 多喝水
- 穿著輕薄的衣服
- 盡量留在室內陰涼處
- 如須外出，請戴帽子
- 避免劇烈活動
- 白天把窗簾拉下，晚間把窗戶打開，以應對高溫
- 將濕布放在脖子、頭部和前胸以降低體溫

在無人照管的情況下，請勿將動物或健康狀況不佳的人士留在高溫的家中或車內。寵物安全

- 動物在15分鐘內可中暑致死。在高溫的情況下，若獨留寵物於車內或寵物無法以涼水散熱或移至蔭涼處降溫，均會導致其中暑。
- 請勿獨留寵物於車內。
- 若您居家感到很炎熱，您的寵物同樣也會感到很炎熱。
戴好狗帶溜狗外出時，可沿著綠蔭路徑散步並僅記隨身攜帶供狗隻飲用的水

如果您自己或相識的人遇到醫療緊急狀況或出現中暑跡象，請立即致電9-1-1。這些症狀包括：

- 體溫高達華氏103度以上
- 呼吸困難
- 皮膚出現紅、熱、乾燥的情況（無汗）
- 脈搏急促且強烈
- 搏動性頭痛
- 頭暈
- 噁心
- 意識模糊
- 精神錯亂
- 幻覺
- 寒顫
- 失去意識

寵物安全

- 動物在15分鐘內可中暑致死。在高溫的情況下，若獨留寵物於車內或寵物無法以涼水散熱或移至蔭涼處降溫，均會導致其中暑。
- 請勿獨留寵物於車內。
- 若您居家感到很炎熱，您的寵物同樣也會感到很炎熱。
戴好狗帶溜狗外出時，可沿著綠蔭路徑散步並僅記隨身攜帶供狗隻飲用的水

May iba't ibang pampublikong lugar kung saan puwede pumunta ang mga gustong umiwas sa init.

Mga Pampublikong Swimming Pool ng City and County of San Francisco:

Balboa Pool

- 10:00 p.m. – 11:00 a.m.: LIBRENG paggamit ng isang lane para sa ginhawa mula sa init
- 12:00 p.m. – 2:30 p.m.: LIBRENG paggamit ng isang lane para sa ginhawa mula sa init
- 3:00 p.m. – 4:00 p.m.: LIBRENG Paglangoy para sa paglilibang
- 4:30 p.m. – 6:00 p.m.: LIBRENG paggamit ng Maliit na Pool para sa ginhawa mula sa init

Coffman Pool

- 10:00 a.m. – 1:00 p.m.: LIBRENG paggamit ng isang lane para sa ginhawa mula sa init
- 2:45 p.m. – 3:45 p.m.: LIBRENG Paglangoy para sa Paglilibang
- 6:00 p.m. – 7:00 p.m.: LIBRENG paggamit ng isang lane para sa ginhawa mula sa init

Hamilton Pool

- 10:00 a.m. – 1:00 p.m.: LIBRENG paggamit ng Maliit na Pool para sa ginhawa mula sa init
- 2:00 p.m. – 3:00 p.m. LIBRENG Paglangoy para sa Paglilibang

MLK Pool

- 10:30 a.m. – 12:30 p.m. LIBRENG paggamit ng isang lane para sa ginhawa mula sa init
- 3:00 p.m. – 4:00 p.m.: LIBRENG Paglangoy para sa Paglilibang
- 6:30 p.m. – 7:30 p.m.: LIBRENG paggamit ng isang lane para sa ginhawa mula sa init

Mission Pool

- 10:30 a.m. – 1:30 p.m.: LIBRENG paggamit ng isang lane para sa ginhawa mula sa init
- 3:00 p.m. – 4:30 p.m.: LIBRENG Paglangoy para sa Paglilibang
- 4:45 p.m. – 7:30 pm: LIBRENG paggamit ng isang lane para sa ginhawa mula sa init

North Beach Pool

- 12:00 p.m. – 1:30 p.m. LIBRENG paggamit ng isang lane para sa ginhawa mula sa init
- 2:30 p.m. – 3:30 p.m. LIBRENG Paglangoy para sa Paglilibang

Sava Pool

- 9:30 a.m. -11:00 a.m.: LIBRENG paggamit ng isang lane para sa ginhawa mula sa init
- 12:00 p.m. – 2 p.m.: LIBRENG paggamit ng isang lane para sa ginhawa mula sa init
- 2:00 p.m. – 3:30 p.m.: LIBRENG Paglangoy para sa Paglilibang
- 6:30 p.m. – 8:30 p.m.: LIBRENG paggamit ng isang lane para sa ginhawa mula sa init

Ang mga sumusunod na mga library ay mayroong air conditioning :

- Main Library (Buong building)
- Chinatown Branch Library
- Glen Park Branch Library (ang mga silid pamprograma lamang)
- Mission Bay Branch Library (ang mga silid pamprograma lamang)
- North Beach Branch Library (ang mga silid pamprograma lamang)
- Potrero Hill Branch Library (ang mga silid pamprograma lamang)
- SF Museum of Modern Art (Sa Public Knowledge Space lamang)

Ang mga lokasyon at oras na bukas ang mga library ay maaaring makita sa <https://sfpl.org/index.php?pg=2001165201>.

Ang mga sumusunod na museum ay may air conditioning sa mga lobby nila at bukas ito sa publiko sa mga oras ng opisina nila:

- Contemporary Jewish Museum, 736 Mission Street
- Yerba Buena Center, 701 Mission Street
- SF MOMA, 151 3rd Street
- SF MOAD, 685 Mission Street
- DeYoung Museum, 50 Hagiwara Tea Garden Dr, San Francisco, CA 94118
- Legion of Honor, 100 34th Street, San Francisco, CA
- War Memorial Veterans Building, 401 Van Ness Avenue

Mayroong malawak na lilim ang mga sumusunod na dog park ng Recreation and Park Department:

- Golden Gate Park Dog Play Areas 1, 2 and 3
- McLaren Park Geneva Dog Play Area
- Crocker Amazon Dog Play Area
- Buena Vista Dog Play Area
- Pine Lake Park Dog Play Area
- Stern Grove Dog Play Area

Ang City College ng San Francisco ay may mga lugar na maaari din mapuntahan:

- City College of San Francisco Chinatown North Beach Campus, 808 Kearney Street
- City College of San Francisco, Ocean Campus, Wellness Center, 50 Frida Kahlo Way
- City College Mission Campus, 1125 Valencia Street

Mayroong pagkukuhanan ng tubig sa mga sumusunod na estasyon ng pulis ng San Francisco Police Department:

- Central Station, 766 Vallejo Street
- Southern Station, 1251 3rd Street
- Bayview Station, 201 Williams Avenue
- Mission Station, 630 Valencia Street
- Northern Station, 1125 Fillmore Street
- Park Station, 1899 Waller Street
- Richmond Station, 461 6th Avenue
- Ingleside Station, 1 Sgt. John V. Young Lane
- Taraval Station, 2345 24th Avenue

- Tenderloin Station, 301 Eddy Street

Hinihikayat ang publiko na gumawa ng mga hakbang para manatiling malusog at ligtas sa panahon na matindi ang mga temperatura:

- Uminom ng maraming tubig
- Magsuot ng damit na maginhawa sa katawan
- Manatili sa loob ng malamig na lugar kung maaari
- Magsuot ng sumbrero kung kailangan mong lumabas
- Iwasan ang mabigat na gawain
- Paghandaan ang init sa pamamagitan ng pagsara ng mga kurtina sa umaga at buksan ang mga bintana sa gabi
- Gumamit ng mga mamasa-masang basahan sa iyong leeg, ulo at dibdib para magpalamig
- Pakiusap huwag iwanan ang mga hayop at sinumang mahihinang indibiduwal sa mainit na bahay o sasakyan nang walang nagbabantay.

Sa kahit anumang edad, importante ang **kaligtasan sa tubig (Water Safety)**, lalo na para sa mga maliliit na bata

- Siguraduhin na palaging may bantay kung sakaling mayroong peligro sa pagkalunod:
 - **Mga Hindi Gaanong Marunong Lumangoy o may kakulangan sa abilidad sa paglangoy**
 - **Kakulangan sa mga barikada:** katulad ng fence sa pool, mga bagay na nakakapigil sa mga bata na makapasaok sa lugar na may pool na hindi namamalayan ng mga nagaalaga.
- **Window Safety**
 - Para mapanatiling ligtas ang mga maliliit na bata, siguraduhin na may wastong barikada ang mga bukas na bintana.
 - Huwag iwanang magisa ang mga bata at mga alagang hayop sa loob ng saradong sasakyan.

Kaligtasan ng mga Alagang Hayop

- Maaaring mamatay ang mga alagang hayop sa loob ng 15 minuto dulot ng heatstroke (kondisyon ng pagkawalang malay o pagkahimatay dahil sa sobrang init). Nagkakaroon ng heatstroke ang mga alagang hayop kapag iniwan sila sa loob ng mga sasakyan o kapag wala silang paraan na makainom ng malamig na tubig at maliliman kapag mainit ang panahon.
- Huwag iwanan ng magisa ang mga alagang hayop sa loob ng sasakyan.
- Kung naiinitan kayo sa loob ng inyong bahay, maaaring mainit din ito para sa inyong alagang hayop. Ilakad ang inyong nakataling alagang hayop sa malilim na lakaran at magdala ng tubig para sa inyong alaga.

Tumawag kaagad sa 9-1-1 kung ikaw o ang kakilala mo ay mayroong medikal na emergency o nagpapakita ng mga palatandaan ng heat stroke. Kasama sa mga sintomas ang:

- Napakataas na temperatura ng katawan 103°+
- Nahihirapang huminga
- Pula, mainit at dry na balat (Ngunit hindi pinapawisan)

*San Francisco Heat Wave Public Safety & Protective Actions Advisory
September 25, 2019*

- Mabilis at malakas na pulso
- Matinding sakit ng ulo
- Pagkahilo
- Nasusuka
- Pagkalito ng Isip
- Nagdedeliryo
- May Mga Guni-guni
- Nanginginig
- Nawawalan ng Malay