



**FOR IMMEDIATE RELEASE**

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**Beat San Francisco's Late Summer Heat**

*City and County of San Francisco Encourages People to Take Protective Actions  
to Stay Safe During Heat Wave*

*San Francisco, CA* – The National Weather Service has issued a [heat advisory](#) for San Francisco today, predicting the highest temperature to reach the low 90s. The heat is expected to linger indoors and inside buildings for the next couple of days despite the predicted cool down of outside temperatures starting Thursday. Hot temperatures over the course of several days increase the risk of heat-related illnesses for older adults, children, people who are sick, as well as pets.

The **Department of Public Health (DPH)**, **Department of Emergency Management**, and other City agencies are encouraging people to stay cool, hydrated and connected. The City agencies are closely monitoring temperatures and are asking residents to frequently check on their neighbors if they know they have health concerns. In addition to sharing heat safety tips, City officials are reminding the public that window, water and pet safety are equally as important.

***Heat Safety***

- Stay cool
  - stay out of the sun, seek out air-conditioned buildings
  - limit outdoor activities, wear light-colored clothing
- Stay hydrated
  - drink enough water
  - avoid alcohol and caffeine which can promote dehydration
- Stay connected
  - check in with your friends, family and neighbors who are at risk of heat-related illnesses

- sign up for ALERTSF by texting your zip code to 888-777 to stay informed and receive emergency alerts

### ***Window Safety***

- Make sure there are appropriate safeguards when there is an open window to keep toddlers and small children safe. Fly screens are not enough to prevent window falls.

### ***Water Safety***

- Make sure there is close supervision when there are factors that influence drowning risks around you, especially for toddlers.

### ***Family and Pet Safety***

- Never leave children or pets unattended in a vehicle.
- If it feels too hot for you at home, it is too hot for your pet, too. Take your pet along for a walk in a shady trail, and bring water for your pet to stay hydrated.

### ***When temperatures begin to cool down outside, it may still be hot inside***

- Many indoor homes and buildings will trap heat and remain warm for several days after a heat wave. It is important to continue checking in with your family and neighbors if you know they do not have air conditioning in their homes after.

Because residents of the City are not used to high levels of heat, community outreach has increased to protect vulnerable residents from heat-related illnesses. For example, **DPH** and the **Human Services Agency (HSA)** are working closely with non-profit and community-based partners, such as Meals on Wheels, to reach vulnerable populations, such as home-bound older adults, by completing telephone and/or door-to-door wellness checks. HSA is also conducting direct outreach to vulnerable clients, such as home-bound individuals and those with respiratory and other health conditions. The **Department of Homelessness and Supportive Housing's Homeless Outreach Team** is pivoting from outreach and assessment to conducting wellness checks, handing out water, providing transport to shelter when possible, educating individuals about the risks associated with extreme heat, and encouraging people to move to the shade, especially those with particularly high vulnerability due to living outside.

Moreover, San Francisco City agencies are coordinating together and providing outreach services to all San Franciscans. The **Recreation and Parks Department (REC)** is offering free pool access for people to cool down during designated hours at seven (7) different locations throughout the City. In addition, REC identified park locations for pets to seek respite in the shade if temperatures are too hot for them indoors. **San Francisco Public Library** is welcoming the public to utilize their main building and program rooms with air conditioning at select branches. **San Francisco Fire Department** and **San Francisco Police Department (SFPD)** are teaming up with federal agencies to educate and protect beach goers about the common hazards of Northern California beaches. SFPD is also providing water bottles for the public to stay hydrated at ten (10) police stations, while supplies last. Visit [www.sf72.org](http://www.sf72.org) for swimming pool hours, cooling center facilities, shaded parks & more tips to prevent heat-related illnesses.

Increased temperatures in San Francisco also impact the City's emergency response system. **DPH's Emergency Medical Services Agency** is continuing to monitor ambulance staffing and emergency call volumes and will bring in corporate ambulance resources or a strike team if needed, while **DPH's Public Health Emergency and Preparedness Response (PHEPR)** team is consistently

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tracking medical surge of hospitals, skill-nursing facilities, and clinics throughout the City. PHEPR is also responsible for outreaching to agencies serving vulnerable populations during this heatwave.

Follow [@SF\\_DPH](#) and [@SF\\_emergency](#) on Twitter for more updates.

Please see attached list of public cooling facilities and heat safety tips in English, Spanish, Chinese and Filipino. This information can also be found on [www.sf72.org](http://www.sf72.org).

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