



Hot Weather

Get all resources and full guides at go.sjsu.edu/emergency

Current weather advisories at go.sjsu.edu/weather

Beat the Heat + Protect Yourself

- Plan tasks that require heavy activity or exertion during the cooler parts of the day.
- Drink water throughout the day, even if you are not thirsty.
- Do not leave people or pets in a closed, parked car. It is illegal to leave an infant or child unattended in a vehicle (California Vehicle Code Section 15620).
- If you must be outdoors, put on sunscreen, sunglasses, wide-brimmed headwear, use umbrellas and light-colored and loose-fitting clothing.
- Check on roommates, housemates, elderly family, friends, and neighbors often.
- Spend time on campus! The campus library is open to all with air conditioning.

Recognize and Fight Heat Illness

Note symptoms and kinds of various heat-related illnesses:

- **Heat Stroke:** body temperature above 103°F; rapid pulse; headache; dizziness; nausea; confusion; and fainting/unconsciousness.
 - **What to do:** move indoors with air conditioning, cool the body with cold compresses or ice packs, and seek emergency medical help through 9-1-1.
- **Heat Exhaustion:** heavy sweating; weakness; cold, pale, clammy skin; and vomiting.
 - **What to do:** move indoors with air conditioning, drink water and rest.
- **Dehydration:** not drinking enough water affects heart function and can cause seizures or cardiac arrest. Call 9-1-1 if dehydration affects ability to function.
 - **What to do:** slowly drink more water and electrolyte-rich beverages like sports drinks to acclimate the body back to a stable, hydrated state.

Community Resources

For those not on campus, Santa Clara County and the City of San José open up various libraries and community centers that serve as free cooling centers. [Get more information from the Santa Clara County Office of Emergency Management](#). Students who need housing assistance can contact [SJSU Cares](#).

- Find library hours at: www.sjpl.org/locations-table
- Find community center hours at: <http://bit.ly/sjcommunitycenters>