

Tips to Keep Cool and Protect Yourself from the Heat

[Hot Weather Safety for Pets](#)

[Santa Clara County](#). Extremely hot weather can result in heatstroke, heat exhaustion, heat cramps, sunburn, heat rash, and in some instances death. Please take safety measures to stay safe and lend a helping hand to family, friends and neighbors.

If you know of a vulnerable person without air conditioning, such as an elderly or infirm neighbor or someone with a drug or alcohol disorder or severe mental illness, please help them get to a cooling center or other air conditioned space between the hours of 10:00 a.m. and 8:00 p.m.

If you see someone on the street who may be having a reaction to the heat, please help get them to a cooling center or call 911. Thank you for doing your part to keep people safe during a heat crisis.

Hot Weather Safety Tips

- 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.
- Limit physical activity: Avoid physical activity during the hottest time of the day—10 a.m.-3 p.m.
- Never leave people or pets in a closed, parked car.
- Stay in air-conditioned areas: Help keep cool by spending time at malls, libraries, movie theatres and community centers.
- Keep blinds/drapes closed. Open windows when outside is cooler than inside.
- Cool off by taking a bath or shower: Cool, plain water baths or moist towels work best. Do not cool children in alcohol baths.
- Wear cool clothing: Lightweight, light-colored and loose-fitting clothing can help you keep cool. Cotton clothes are good because they let sweat evaporate.
- 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.
- Cover your head: Wear a wide-brimmed, vented hat or use an umbrella when outdoors because your head absorbs heat easily.
- Wear sunglasses and sunscreen: Use sunscreen with SPF 15 or higher when outdoors.
- Rest often in shady areas: Find shady places to cool down when outdoors.
- Check on frail or elderly family, friends, or neighbors often.

Older adults and individuals with chronic medical conditions

- During peak heat hours stay in an air-conditioned area. If you do not have access to air conditioning in your home, visit public facilities such as cooling centers, shopping malls, parks, and libraries to stay cool.

- Older adults and those on certain medications may not exhibit signs of dehydration until several hours after dehydration sets in. Stay hydrated by frequently drinking cool water. If you're on a special diet that limits liquids, check with your doctor for information on the amount of water to consume.
- Stay out of the sun if you do not need to be in it. When in the sun, wear a hat, preferably with a wide brim, and loose-fitting, light-colored clothing with long sleeves and pants to protect against sun damage. And remember to use sun screen and to wear sunglasses.

Infants and Children

- It is illegal to leave an infant or child unattended in a vehicle (California Vehicle Code Section 15620).
- Infants and young children can get dehydrated very quickly. Make sure they are given plenty of cool water to drink.
- Keep children indoors or shaded as much as possible.
- Dress children in loose, lightweight, and light-colored clothing.