



Department of Emergency Management

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FOR IMMEDIATE RELEASE

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*** Public Service Announcement ***

National Weather Service Excessive Heat Warning for San Francisco is in effect through Wednesday. The Department of Emergency Management urges the public to be heat aware and follow heat safety instructions throughout the event.

San Francisco, CA – The San Francisco Department of Emergency Management (DEM) is monitoring an Excessive Heat Warning issued by the National Weather Service (NWS) starting Monday, September 30th with coastal highs in the mid-90s through Wednesday, October 2nd, with higher temperatures possible in the city's eastern neighborhoods. DEM urges the public to follow public health and heat safety instructions, as follows:

Be Heat Aware

- **Heat illness is preventable.** Drinking water, even when not thirsty, can help your body stay cool and healthy. Avoid alcohol, caffeine, and sports drinks with excess sugar. Carefully monitor yourself for heat impacts and regularly check on family, friends, and neighbors who may be vulnerable to heat. Older adults, infants, and people with disabilities or pre-existing medical conditions are often at the highest risk of heat illness, but anyone can feel the impacts of extreme heat after prolonged exposure without proper preventative measures.
- **Who have you visited today?** Heat waves become more dangerous as time progresses. Indoor temperatures can climb 10 degrees higher than outdoor temperatures and may last for 1-2 days following the heat event. Frequently check on family, friends, and neighbors, especially if they live alone or are vulnerable to heat illness and remind them to keep cool and hydrated. When possible, schedule in-person visits so you can monitor the temperature of their living spaces rather than relying on phone calls. Infants are also at risk so keep them cool and hydrated too. Even just a few hours in a cooler setting can stop heat illness. Call 9-1-1 if you or someone else is experiencing symptoms of heat illness or is having a medical emergency.
- **Know the signs of heat illness.** Signs of heat exhaustion and heat stroke can appear suddenly. Heat exhaustion may include dizziness, excessive sweating, and nausea. Heat stroke may include an altered mental state or loss of consciousness. If you or someone you know experiences these severe symptoms, call 9-1-1.
- **Bring the shade with you.** If you're planning to be outdoors, bring the shade with you. Gather under the trees and use a pop-up canopy or an umbrella to beat the heat. Be sure to have plenty of water. Splashing water (or mist spray) on exposed arms and legs can be very effective for keeping cool.
- **Find a public place to cool off.** Museums, malls, and movie theaters also are great options to take a break from the heat, and the San Francisco Public Library, in partnership with the San Francisco Department of Emergency Management, has designated the following public libraries and library spaces as cooling centers, providing respite in the event of extreme heat emergencies. Check www.sfpl.org/services/cooling-centers for operation hours.

- Main Library – 100 Larkin Street – Air conditioning throughout the building
- Chinatown/Him Mark Lai Branch Library – 1135 Powell Street – Air conditioning throughout the building
- Glen Park Branch Library – 2825 Diamond Street – Air conditioning in the meeting room
- Mission Bay Branch Library – 960 4th Street – Air conditioning throughout the building

- North Beach Branch Library – 850 Columbus Avenue – Air conditioning in the meeting room
- Potrero Hill Branch Library – 1616 20th Street – Air conditioning in the meeting room

Safety Reminders

- **Coastal safety:** Riptides and sneaker waves can make San Francisco beaches dangerous places to swim. DEM encourages beachgoers to stay in shallow areas rather than swim into deeper water, especially on crowded days.
- **Vehicle safety:** Look before you lock your car, especially when traveling with children, older adults, people with disabilities, or pets. Outside temperatures of 80 degrees can climb to over 100 degrees after only 15 minutes inside a locked car.
- **Window safety:** Open windows can be powerful natural air conditioners but can also increase the risk of falls for young children. Always closely monitor activities near open windows, especially for kids and pets, and install window safety gates where possible.
- **Rooftop safety:** Be aware of your surroundings when on rooftops and balconies. Do not approach the edge, especially when in a crowd.

Public information and notification

- Sign up for official city emergency alerts by texting your zip code to 888-777.
- Visit www.sf72.org for heat alerts and safety tips.
- Follow DEM social media channels:
 - Facebook: facebook.com/SFDEM
 - Instagram: instagram.com/sf_emergency
 - Nextdoor: San Francisco Department of Emergency Management
 - Twitter/X: [@sf_emergency](https://twitter.com/sf_emergency)

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