



Hot Weather

Get all resources and full guides at sjsu.edu/emergencyguides

Beat the Heat + Protect Yourself

- Plan heavy tasks for cooler parts of the day.
- Drink water regularly, even if not thirsty.
- Never leave people or pets in a parked car; it's illegal to leave children unattended (CA Vehicle Code 15620).
- If outdoors, use sunscreen, sunglasses, wide-brimmed hats, umbrellas, and wear light, loose clothing.
- Check on roommates, elderly family, friends, and neighbors often.

Recognize and Fight Heat Illness

- Heat Stroke: Body temp above 103°F, rapid pulse, headache, dizziness, nausea, confusion, fainting. Move indoors, cool with ice packs, call 9-1-1.
- Heat Exhaustion: Heavy sweating, weakness, cold clammy skin, vomiting. Move indoors, drink water, rest.
- Dehydration: Can cause seizures or cardiac arrest. Call 9-1-1 if severe. Drink water and electrolyte-rich beverages slowly.

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>

Current weather advisories at go.sjsu.edu/weather



Download the Spartan Safe app: sjsu.edu/spartansafe

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