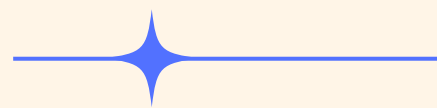


Tips to Cool in Hot weather



- Drink plenty of fluids.
- Stay in an air-conditioned room (if available) and stay out of the sun.
- Young children and pets should never be left unattended in vehicles, under any circumstances.
- Check on relatives and neighbors.
- When possible reschedule strenuous activities to early morning or evening.
- Take extra precautions if you work or spend time outside.
- To reduce risk during outdoor work, schedule frequent rest breaks in shaded or air conditioned environments.
- Wear lightweight and loose fitting clothing when possible.
- Know the signs and symptoms of heat exhaustion and heat stroke. Anyone overcome by heat should be moved to a cool and shaded location. Heat stroke is an emergency! Call 9 1 1.

When do Cooling Centers Open

- Two (2) consecutive days when the daytime high is 95 degrees Fahrenheit or higher.
- Two (2) consecutive days when nighttime temperature does not go below 80 degrees Fahrenheit.
- Any day when the high is 100 degrees Fahrenheit.
- Opening Clean Air Centers:
Air Quality Index (AQI) of 200 – Very Unhealthy.
- When opened, locations will be publicized on Local News, City of Oakland website and Social Media.