



FOR IMMEDIATE RELEASE
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As Temperatures Soar, City of San Diego Reminds Residents to Stay Cool

LOCATIONS AVAILABLE ACROSS THE CITY TO PROVIDE RELIEF FROM THE HEAT

SAN DIEGO - With the National Weather Service (NWS) issuance of an Excessive Heat Warning through 8 p.m. Tuesday, the City of San Diego is reminding everyone to stay safe and to seek relief from the sun and heat during the day. San Diegans can visit dozens of City [recreation centers, libraries and other public buildings](#) with air conditioning to cool off. Please note, these facilities may have regularly scheduled programs and activities underway.

When temperatures soar, hikers and other outdoor enthusiasts are also reminded to take precautions when visiting local trails and [open space parks](#).

“As with any significant change in weather conditions, preparedness is key,” said Chris Heiser, Executive Director of the City’s Office of Emergency Services. “Extreme heat is no different. Make sure your family and pets stay hydrated and protected from the heat.”

The NWS Excessive Heat Warning boundary includes the City of San Diego east of Interstate 5. Excessive Heat Warning is when the maximum heat index temperature is expected to be 105 degrees or higher for at least 2 days and night-time air temperatures will not drop below 75 degrees. During a high heat event, San Diegans and visitors are encouraged to:

- Drink plenty of fluids.
- Stay indoors, in an air-conditioned setting.
- Stay out of the sun.
- Reschedule strenuous activity to early morning or late evening.
- Wear lightweight, loose-fitting clothing.
- Never leave children and pets unattended in cars.

To help San Diegans understand and better prepare for environmental threats including high heat events, the City developed the [San Diego Hazard Dashboard](#). This new tool is online and is accessible to anyone.

“The San Diego Hazard Dashboard is intended to provide regional information and situational awareness about real-time conditions,” Heiser said. “Residents can view current hazards and potential risks, including current weather conditions.”

The Hazard Dashboard was developed by the City’s Office of Emergency Services (OES), in coordination with the Department of Information Technology.

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