

FOR IMMEDIATE RELEASE  
Wednesday, Aug. 20, 2025

# **City of San Diego Shares Important Safety Reminders During Heat Wave**

**EVERYONE IS ENCOURAGED TO TAKE PRECAUTIONS, STAY HYDRATED AND VISIT AVAILABLE COOL ZONES AS NEEDED**

SAN DIEGO – With extreme heat expected later in the week, the City of San Diego reminds residents and visitors about taking precautions to stay safe and available Cool Zones in City libraries and recreation centers. Some areas across the region are expected to top 115 degrees, prompting the National Weather Service to issue an Extreme Heat Watch for San Diego County.

The City encourages hikers to use caution when visiting open space trails and park areas. Hikers shouldn't go it alone but rather take a friend, limit outdoor activity to the cool of the morning or later in the evening and pack plenty of water. Leave pets at home.

Extreme heat is responsible for more annual deaths than any other weather-related hazard. During extreme heat, everyone is encouraged to avoid overexertion and stay well hydrated. Never leave people or pets in a vehicle. Also, assist those at higher risk of heat-related illnesses, including children, pregnant people, older adults, outdoor workers and those with pre-existing health conditions.

The City has designated several public facilities as cooling zones for people looking to escape the rising temperatures. Service animals will be allowed entry. Please note, regularly scheduled programs and recreational activities may be taking place in these locations during open hours.

- All San Diego Public Library locations during open hours.
- Azalea Recreation Center, 2596 Violet St.
- Balboa Park Activity Center, 2145 Park Blvd.
- Canyonside Recreation Center, 12350 Black Mountain Rd.
- Kearny Mesa Recreation Center, 3170 Armstrong St.
- Montgomery Waller Recreation Center, 3020 Coronado Ave.
- Mountain View Community Center, 641 S. Boundary St.
- Nobel Recreation Center, 8810 Judicial Drive
- Pacific Beach Recreation Center, 1405 Diamond St.
- Rancho Bernardo-Glassman Recreation Center, 18448 West Bernardo Drive
- San Carlos Recreation Center, 6445 Lake Badin Ave.

For more information on places in the City of San Diego to get out of the heat, visit [Places to Cool Down](#).

For individuals experiencing unsheltered homelessness, City outreach workers continue to make sure people are aware of the heat, know locations to go where they can stay cool, and they are out providing water to individuals on the street. The City's Safe Sleeping Program offers a shuttle service that makes drop offs throughout the day near cool zone sites.

With [elevated fire potential](#) projected across the region Thursday through Sunday, San Diegans are also encouraged to be prepared for increased fire risk. Talk with your household about your [emergency plan](#), have a [go-kit](#) with important supplies, download the [Genasys Protect](#) app and register for [AlertSanDiego](#) to get emergency alerts. For more wildfire preparedness information, visit [sandiego.gov/wildfire](http://sandiego.gov/wildfire).

To help communities adapt and recover from these extreme heat events and other climate change-driven hazards, the City developed the [Climate Resilient SD Plan](#). To see how the City is working to adapt to extreme heat and for more resources on how to prepare for the hot days ahead, visit [Climate Resilient SD Heat](#) and [Climate Resilient SD Wildfire](#).



###