

FOR IMMEDIATE RELEASE
Thursday, July 30, 2026

City of San Diego Warns Residents About Heat Advisory This Weekend

**EVERYONE IS ENCOURAGED TO TAKE STEPS TO AVOID HEAT ILLNESS;
CITY COOLING CENTERS AVAILABLE**

SAN DIEGO – With temperatures expected to rise well above average, and a [heat advisory in effect](#) from Friday morning, July 31, through Sunday evening, Aug. 2, the City of San Diego encourages everyone to [take precautions](#) to prevent heat illness and other heat-related issues.

During periods of extreme heat, the [City designates certain recreation centers, libraries and other public buildings](#) as places for San Diegans to seek relief from warmer weather. Designated locations will be available during open hours; service animals will be allowed entry. Please note that regularly scheduled programs and recreational activities may be taking place in these locations.

“We encourage residents who need shelter from the heat to take advantage of one of our many sites available to cool down,” said Office of Emergency Services Chief Rob Rezende. **“We also advise residents to check on elderly and vulnerable neighbors to make sure they are safe during this heatwave.”**

City Park Rangers are encouraging people to exercise caution if they choose to visit [Open Space trails](#) and be prepared with proper attire and plenty of drinking water. It's best to schedule hikes during the cooler morning or evening hours. Stay on the trails and leave pets at home during the heat of the day.

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 the [Climate Resilient SD Heat webpage](#).

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