

BEAT THE HEAT



STAY SAFE IN THE SUMMER

Watch for Signs of Heat Illness

Know the signs of heat-related illnesses and ways to respond. If you are sick and need medical attention, contact a healthcare provider for advice. If you are experiencing a medical emergency call 9-1-1.

Heat Stroke Signs:

- Extremely high body temperature (above 103 degrees F)
- Red, hot, and dry skin with no sweat
- Rapid, strong pulse
- Dizziness, confusion, or unconsciousness



Heat Exhaustion Signs:

- Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting



Keep Cool

When temperatures rise, make sure to:

- Drink plenty of fluids, don't wait until you are thirsty to drink
- Wear loose, lightweight, light colored clothing
- Take cool showers or baths
- Stay out of the sun, get into an air conditioned space as much as possible
- Libraries & shopping centers can be cool places to take a break, see library hours below

Location	Hours of Operation						
Libraries with Air Conditioning	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Asian Branch Library	10AM-5:30PM	10AM-8PM	10AM-8PM	10AM-5:30PM	12PM-5:30PM	10AM-5:30PM	Closed
Brookfield Branch Library							
Dimond Branch Library							
Elmhurst Branch Library							
Piedmont Branch Library							
César E. Chávez Branch Library	10AM-5:30PM	10AM-8PM	10AM-8PM	10AM-5:30PM	12PM-5:30PM	10AM-5:30PM	10AM-5:30PM
Eastmont Branch Library	9AM-7PM	9AM-5:30PM	9AM-5:30PM	9AM-5:30PM	12PM-5:30PM	Closed	Closed
Libraries with Partial Air Conditioning							
Rockridge Branch Library	10AM-5:30PM	10AM-8PM	10AM-8PM	10AM-5:30PM	12PM-5:30PM	10AM-5:30PM	Closed
81st Branch Library	10AM-5:30PM	10AM-8PM	10AM-8PM	10AM-5:30PM	12PM-5:30PM	10AM-5:30PM	10AM-5:30PM
Main library does not have A/C but provides a cooler environment							
Main Branch Library	10AM-8PM	10AM-8PM	10AM-8PM	10AM-8PM	12PM-5:30PM	10AM-5:30PM	10AM-5:30PM

Look Out for Others

- Heat can be especially dangerous for people 65 or older, make a plan with a friend, relative, or neighbor who will call or check in twice a day when it is hot outside
- Make sure everyone is out of the car whenever you park
- Bring pets inside and make sure they have plenty of water