
2020 Alameda County Hot Weather, COVID and Homelessness

Be careful in the Summer Heat!

Extremely hot weather can be very harmful to homeless people – it can be just as bad -- or worse -- than the cold. You can find up-to-the-moment heat-related National Weather Service weather info here: <https://www.wrh.noaa.gov/wrh/heatrisk/?wfo=hnx>

During COVID emergency, unsheltered people might not be able to access traditional cooling centers such as libraries, senior centers and other public facilities. This makes the threat of heat-related illness much greater.

STREET OUTREACH PROVIDERS: ACHCH urges all city, county and community outreach providers to make special efforts to provide outreach to unsheltered people, visiting street and encampment sites, **provide bottled water** if possible, and most importantly carry out **wellness checks** for people who may be experiencing heat-related illness. Please [contact the ACHCH program](#) for information on accessing bottled water for outreach.

Symptoms of Heat-Related Illness:

- Extremely high body temperature (103°+)
- difficulty breathing
- red hot dry skin (no sweating)
- dizziness, fatigue, rapid pulse, nausea, confusion, faintness, headaches, muscle cramps, unconsciousness

People with these above symptoms should seek medical attention.

Be Careful Heat and sun are threats to aging folks, babies and children, disabled persons, folks with medical conditions or who take medication, and folks who drink or use drugs.

Be Aware Check on your neighbors, especially unhoused folks. If you see someone passed out or in bad shape, don't think they're "just drunk" -- they could be suffering or dying from heat and sun. Check in with them, and see if they are OK. If you need, call 911 and get them help!

Wellness Checks Outreach agencies and concerned neighbors should reach out to people that they know could be at risk. Bring water, and check in with folks to make sure that they are ok in the heat.

Water People on the streets don't have ready access to water. It is both compassionate and useful to provide bottled water to people, in addition to sunscreen, hats and umbrellas for protection. Street outreach providers who need access to cases of water to distribute should call ACHCH at 510-891-8950 for water access.

Animals Pets will suffer from heat, give them shade to rest in and plenty of water.

Cooling Center A cooling center is a facility, such as a senior center, community center or library, where people may go to get out of life-threatening heat during a heat wave. In this COVID emergency, many cooling center sites may not be functioning. ACHCH is working to keep a list of cooling centers which may be open during heat emergencies:

Please call the cooling center nearest you for hours of operation during hot weather.

Livermore:

Location	Address & Phone	Hours
Livermore Cooling Center (Social distancing and face covering requirements will be in place at the cooling center. Capacity will be limited in order to comply with Alameda County Health Orders.)	Robert Livermore Community Center 4444 East Ave, Livermore 925-373-5760	Wednesday June 3, 12-5pm

For the most updated information, please check at:

<https://www.achch.org/heat-emergency-resources.html>

<http://www.acphd.org/phep/heat-and-health.aspx>

<https://www.acgov.org/emergencysite/>

For Contra Costa County check at: <https://cchealth.org/>

For homeless shelter, food, and more information call Eden I&R 211

**IF A PERSON EXPERIENCING HOMELESSNESS APPEARS TO BE AT RISK,
PLEASE DIAL 9-1-1**