

Subject: Week of 09/06/2022 Heat Relief Information

Date: Tuesday, September 6, 2022 at 15:31:16 Pacific Daylight Time

From: Environmental Health & Safety

To: All Staff, All POI, All Faculty, All Students

Safeguard yourself from heat-related health issues by:

- Drinking plenty of water and avoiding caffeine or sugary drinks
- Minimize heavy exertion outdoors
- Take frequent breaks in the shade, especially if working outside
- Monitoring yourself and others for any signs of heat stress

Relief Resources on campus:

- Ice can be picked up at the Dining Center if you bring a plastic bag or container. If you obtain ice, it will be most effective for cooling by wrapping in a cloth and putting it on your wrists and/or the back of your neck
- Upper campus:
 - Physical Education and Aquatic Center (PEAC) will be open as follows:
 - 9/6 Tuesday 1600 - 1900 (Small Gym) 1900-2100 (Large Gym)
 - 9/7 Wednesday 1600- 1900 (Small Gym)
 - 9/8 Thursday 1600- 1900 (Small Gym) 2000-2100 (Large Gym)
 - 9/9 Friday 1600- 1900 (Small Gym) 2000-2100 (Large Gym)
 - Pool: Lap Swim:
 - 9/6 Tuesday 1100-1300 &1600-1730
 - 9/7 Wednesday 1100-1300 &1600-1730
 - 9/8 Thursday 1100-1300 &1600-1730
 - 9/9 Friday 1100-1300
 - University Police Department (UPD) (access lobby 24/7 using your PortPass)
- Lower Campus:
 - Sim Center daily 0800-1800
 - Library Hours Tuesday -Thursday 0730-2200 Friday 0730-1730 Saturday 1030-1630, Sunday 1400-2200.