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
- 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.