

Extreme Heat Warning Issued: Palm Springs Fire Shares Life-Saving Heat Safety Tips

The Palm Springs Fire Department is urging residents and visitors to take precautions as the National Weather Service has issued an **Extreme Heat Warning** through **8:00 p.m. Monday**. Temperatures are expected to reach **113–119 degrees**, with overnight lows remaining in the upper 80s to mid-90s.

Extreme heat can cause serious illness. Limit outdoor activity, stay hydrated, and check on those most vulnerable, including older adults and young children.

Protect Yourself from the Heat

- Drink water frequently and replenish electrolytes.
- Take frequent breaks in shade or air-conditioned areas.
- Avoid alcohol, which can contribute to dehydration.
- Wear lightweight, light-colored clothing, a hat, and sunglasses outdoors.
- Never leave children, pets, or vulnerable individuals unattended in parked vehicles, even for a short time.

Know the Warning Signs

Heat illness can happen quickly. Warning signs include dizziness, weakness, headache, nausea, cramps, fatigue, or fainting. Move to a cool place, rest, and hydrate. Seek medical attention if symptoms continue or worsen.

Cooling Centers Available:

James O. Jessie Desert Highland Unity Center (480 W. Tramview Road)

Monday – Friday | 9:00 a.m. – 6:00 p.m.

Rimrock Plaza (4721 E. Palm Canyon Drive, Suite A)

Monday & Thursday | 10:00 a.m. – 6:00 p.m.

Tuesday & Wednesday | 10:00 a.m. – 8:00 p.m.

Friday & Saturday | 10:00 a.m. – 5:00 p.m.

Closed Sundays

Pets are welcome at **both** locations. Dogs must be on a leash, and cats must be in carriers.

Palm Springs Access Center (225 El Cielo Road)

Open daily | 8:00 a.m. – 5:00 p.m.

Daily cooling space is available for unhoused individuals. Those in need of overnight shelter will be transported to the Early Entry Facility adjacent to the Palm Springs Navigation Center.

The Palm Springs Fire Department encourages **everyone** to take this Extreme Heat Warning seriously. Simple actions like staying hydrated, taking breaks, and recognizing heat illness symptoms can help prevent emergencies and save lives.

For more information visit: [Cal Heat Score](#)

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