



# EMERGENCY PREPAREDNESS BULLETIN

SUMMER SAFETY • JUNE 2026

## Some Summer Safety Supports

Summer can bring extreme heat, wildfire risk, and power outages. The resources below can help you stay safe and informed, wherever you live in California.

When temperatures rise, some counties open cooling centers. People can use these airconditioned places like libraries or community centers to rest and cool down. Cooling centers may open for limited hours during really hot days.

**Staying informed is one of the easiest ways to stay safe. County emergency alerts share important updates about heat emergencies, fires, evacuations, and other local hazards.**



- Find cooling centers in your county: [Cooling Centers and Resources \(caloes.ca.gov\)](https://caloes.ca.gov)
- Sign up for local emergency alerts where you live or work: [Listos California \(listoscalifornia.org\)](https://listoscalifornia.org)
- If you live in an area where there are lots of fires, check out Watch Duty. This free tool shows active fires, evacuation alerts, and updates from fire agencies across California. Learn more about Watch Duty ([watchduty.org](https://watchduty.org)).

You don't need to do everything at once. Taking even one step—like signing up for alerts—can make a real difference in keeping you safe.

# Pet and Child Heat Safety: Cars

## Never Leave Children or Pets in a Hot Car

A parked car can heat up very quickly, even when the windows are cracked or the car is parked in the shade. According to NHTSA, the inside of a car can rise about 20°F in just 10 minutes. That means an 80°F day can become about 100°F inside the car very fast.

Children, pets, older adults, and people with disabilities can be really sensitive to heat and might not be able to get out of a car on their own.

### Here are some helpful tips:

- The driver should always check to see if anyone or anything is in the back seat of the car when they get out.
- The driver can put a cell-phone, bag, or other important item in the back seat to help them to remember to check the backseat before getting out of the car.



**Call 9-1-1 if you see a child, pet, or person inside a hot car. They could be in danger, even if they are only in the hot car for a few minutes.**

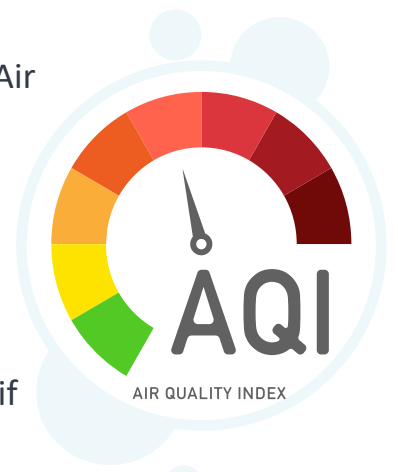
Sources: [Infants and Children and Heat \(cdc.gov\)](https://www.cdc.gov/od/oc/ohrt/infants-children-and-heat.html), [Heat and Pets \(cdc.gov\)](https://www.cdc.gov/od/oc/ohrt/heat-and-pets.html)

# Air Quality

## Check the Air Before You Go Outside

During the summer, there are lots of things that can make the air quality outside bad to breathe. Bad air quality can make it harder to breathe, especially for people with asthma, or serious heart or lungs conditions. **Before going outside:**

- Check the Air Quality Index, or AQI, at [AirNow.gov](https://www.airnow.gov) to see if the Air Quality is good or bad.
- Limit outdoor time when the AQI is bad/unhealthy.
- Keep windows and doors closed if the air outside is smokey or dusty.
- Use air conditioning or an air filter if you can.
- Ask your doctor what steps to take on days with bad air quality if you have problems breathing.
- If you feel short of breath, dizzy, or have chest pain, call 911 right away.



# Lightning Safety: When Thunder Roars, Go Indoors

National Lightning Safety Awareness Week is June 21–27, 2026. Lightning can be dangerous, even if it is not raining where you are. If you hear thunder, you are close enough to be struck by lightning.

**Stay safe from lightning by following these steps if there's thunder near you:**



- Go inside a sturdy building or hard-topped car.
- Stay away from windows, porches, patios, and open shelters.
- Avoid using sinks, showers, or any devices you have to plug in during a storm.
- Wait at least 30 minutes after the last thunder before going back outside.
- Do not stand under a tree or stay in an open area during a thunderstorm. There is no safe place outside when lightning is nearby.

Sources: [National Lightning Safety Council \(lightningsafetycouncil.org\)](https://www.lightningsafetycouncil.org), [Lightning Safety Awareness Week \(weather.gov\)](https://www.weather.gov)

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