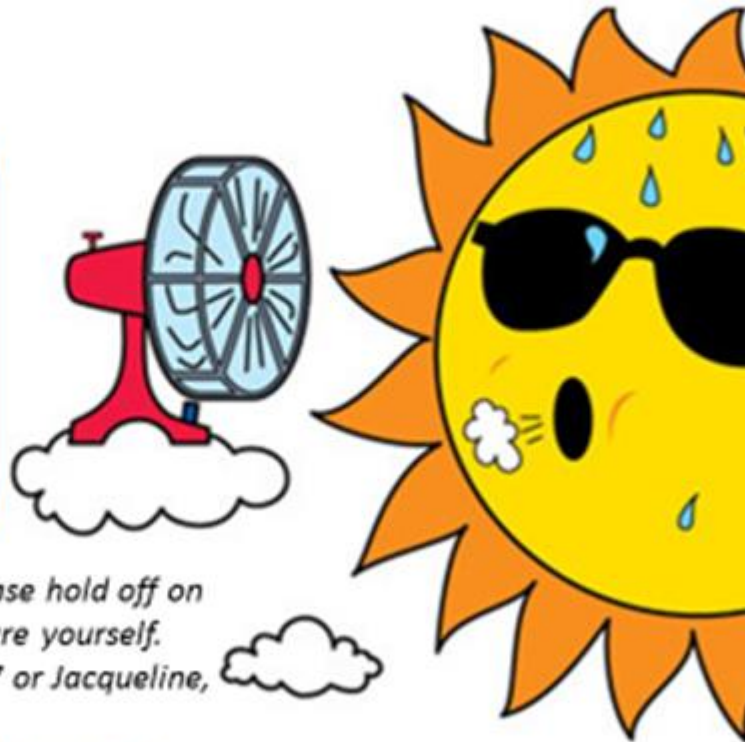


A message from GCCCD Facilities Energy Specialist:

# Heat Advisory Warning for Monday

Please stay safe and take the recommended precautions for the expected high temperatures on Monday!

- Drink 100 ounces of water to stay hydrated
- Wear breathable, loose clothing
- Keep doors to offices and classrooms closed! Allowing cooling to escape from the building will prevent comfortable temperatures and waste precious energy.
- Plan to do any labor intensive work early in the day, before 8am



*If you are uncomfortable, either too hot or too cold, please hold off on plugging in fans or otherwise trying to fix the temperature yourself.*

*Call us instead – GC Facilities x 7594, CC Facilities x 4347 or Jacqueline, GCCCD Energy Specialist x7975.*

Districtwide Facilities: 619-644-7761, Jacqueline Hall at [Jacqueline.Hall@GCCCD.edu](mailto:Jacqueline.Hall@GCCCD.edu).