

WEATHER ALERT

If “threatening” weather occurs during commencement, it is essential to remain indoors and to shelter in the Al Lawson Center.



Monitor [FAMU ALERT](#)

To stay updated regarding the weather in the area, and our [Emergency Management Website](#) for weather updates.

Monitor the [FAMU Commencement](#) website for any changes or delays to the event schedule and other relevant information.



FLORIDA A&M UNIVERSITY
**DEPARTMENT OF
EMERGENCY
MANAGEMENT**

Dear Florida A&M University Community,

As the summer temperatures continue to rise, we want to remind everyone to prioritize safety and well-being during this heatwave. The combination of high temperatures and humidity can pose health risks, but with a few precautions and awareness, we can ensure a safer and more comfortable summer experience for all.

Here are some essential safety tips to beat the heat:

1. **Stay Hydrated:** Drink plenty of water throughout the day, even if you don't feel thirsty. Dehydration is a common risk in hot weather, so always keep a water bottle with you.
2. **Use Sunscreen:** Protect your skin with at least SPF 30 from harmful UV rays. Reapply every two hours or more often if you are sweating heavily or swimming.
3. **Time Outdoor Activities Wisely:** Try to schedule outdoor activities during the early morning or late afternoon when temperatures are usually lower. Avoid being outdoors during peak sun hours, typically between 10 a.m. and 4 pm.
4. **Seek Shade:** When outdoors, find shade to reduce direct sun exposure. Umbrellas or wide-brimmed hats can be helpful to for added protection.
5. **Limit Physical Exertion:** Avoid strenuous activities during the hottest parts of the day. If you must exercise or work outdoors, take frequent breaks and rest in shaded areas.
6. **Check on Each Other:** Look out for fellow students, colleagues, and friends, especially those more vulnerable to heat-related issues, such as older people or individuals with certain medical conditions.
7. **Use Cooling Measures:** Fans or air conditioning in indoor spaces to help maintain a comfortable temperature.
8. **Never Leave Anyone in a Parked Vehicle:** It's vital to remember that leaving someone, even for a short period, in a parked car can be extremely dangerous, leading to life-threatening consequences.
9. **Know the Signs of Heat-Related Illnesses:** Familiarize yourself with heat exhaustion and heatstroke symptoms. If you or someone else exhibits signs such as dizziness, confusion, rapid pulse, extreme thirst, or hot, dry skin, seek medical attention immediately.

Remember, the heat can be deceptive and have profound effects. Prioritize safety, care for yourself, and be mindful of others during this challenging weather. Let's unite as a community and ensure a healthy and enjoyable summer for all at Florida A&M University.

Stay cool and stay safe!

For more information, please visit:

<https://www.weather.gov/safety/heat>
[Emergency Management \(famu.edu\)](https://www.famu.edu/emergency-management)