

***Cooling Tips to Survive Summer Heat***

**Don’t wait to call your doctor or 9-1-1 if you experience any of these WARNING SIGNS of heat related conditions, such as**

***heat exhaustion or a heat stroke:***

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| **Headache** | **Nausea/Vomiting** | **Dim/Blurred Vision** | **Profuse Sweating** | **Exhaustion** |
| **Dizziness** | **Hot Dry Skin** | **Cold Damp Skin** | **Muscle Cramps** | **Fainting** |

**Heat Strokes can be *life-threatening* and can come on quickly**

**TIPS TO PREVENT heat related symptoms, particularly during power outages**

* **Drink water**: Sip all day; don’t wait until you are thirsty. Avoid alcohol, caffeinated beverages, sugary soft drinks and full-strength fruit juices.
* **Limit physical activity** and wear a hat outside, preferably with a wide brim.
* **Keep shades drawn and blinds closed**, but windows should be slightly open.
* **Open windows to cooling breezes in the evening**
* **Keep electric items** turned off, lights low andavoid using your oven or clothes dryer.
* **Do not just rely on fans;** if the temperature is 90 degrees or above, fans alone usually cannot protect against heat-related illness.
* **Take baths, showers, or find a pool to swim in**; bathe in tepid water, use cool towels.
* **Wear loose-fitting** **cotton clothing** that is light-colored and lightweight.
* **Use a sunscreen of SPF 30 or higher** when outside
* **Eat light foods** high in water content: fruits, salads, and soups.
* **Don’t wait in or leave infants, pets, elderly or disabled persons unattended in cars** or other vehicles for ***any*** length of time, even with windows cracked. Within minutes the temperature will become dangerously high and serious injury and/or death will result.
* **Bring pets indoors or ensure they have shady spots** to protect them all day.
* **Make sure pets have plenty of fresh water** that will stay cool all day
* **Develop a “buddy” system;** keep in contact with your family & friends at least twice a day
* **Talk to your doctor about medications;** you may need to alter medications or dosages, but under no circumstances should you change your medication on your own.
* **Use air conditioning & be prepared for power outages** - if you don’t have an a/c unit at home or the power is out, go to any air-conditioned building (see list on back of this page).

## **Places for Seniors and People with Disabilities to COOL OFF**

**Please consider going to one of the following locations during a power outage on a hot day:**

***shopping mall, library\*, coffee shop, movie theater, restaurant, or senior center.***

**Please call first for hours of operation**

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| **Ambrose Community Center** | **3105 Willow Pass Road** | **Bay Point** | **925-458-1601** |
| **Antioch Senior Center** | **415 West 2nd Street** | **Antioch** | **925-778-1158** |
| **Brentwood Community Center** | **35 Oak Street (In City Park)** | **Brentwood** | **925-516-5400** |
| **Brentwood Senior Center** | **193 Griffith Lane** | **Brentwood** | **925-516-5444** |
| **Concord Senior Center** | **2727 Parkside Circle** | **Concord** | **925-671-3320** |
| **Danville Community Center** | **420 Front Street** | **Danville** | **925-314-3400** |
| **Danville Senior Center** | **115 E. Prospect Avenue** | **Danville** | **925-314-3490** |
| **Hercules Senior Center** | **111 Civic Drive** | **Hercules** | **510-799-8219** |
| **Martinez Senior Center** | **818 Green Street** | **Martinez** | **925-370-8770** |
| **Oakley Senior Center** | **215 Second Street** | **Oakley** | **925-626-7223** |
| **Pinole Senior Center** | **2500 Charles Ave.** | **Pinole** | **510-724-9800** |
| **Pittsburg Senior Center** | **300 Presidio Lane** | **Pittsburg** | **925-252-4890** |
| **Pleasant Hill Senior Center** | **233 Gregory Lane** | **Pleasant Hill** | **925-798-8788** |
| **Richmond Senior Center** | **2525 MacDonald** | **Richmond** | **510-307-8087** |
| **Alcosta Senior and Community Center** | **9300 Alcosta Blvd.** | **San Ramon** | **925-973-3250** |
| **Walnut Creek Senior Club** | **1375 Civic Drive** | **Walnut Creek** | **925-943-5851** |

### For further information, please call our Information & Assistance Program at 1-800-510-2020 (from within Contra Costa County using a land line) or

### 925-229-8434 (when using a cell phone or from outside Contra Costa County)

**\*El Cerrito and Kensington libraries do not have air conditioners**