

Cooling Tips to Survive Summer Heat

Don't wait to call your doctor or 9-1-1 if you experience any WARNING SIGNS of heat related conditions, such as *heat exhaustion or a heat stroke:*

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 and avoid 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 a shopping mall, library*, coffee shop, movie theater, restaurant, or one of the following designated cooling centers (air-conditioned facilities) for relief on extreme heat days.

Prior to going, please call to confirm the hours of operation.

Alcosta Senior and Community Center	9300 Alcosta Blvd.	San Ramon	925-973-3250
Ambrose Community Center	3105 Willow Pass Road	Bay Point	925-458-1601
Antioch Community Center	4703 Lone Tree Way	Antioch	925-776-3050
Antioch Senior Center	415 West 2nd Street	Antioch	925-778-1158
Brentwood Community Center	35 Oak Street (In City Park)	Brentwood	925-516-5444
Brentwood Senior Center	193 Griffith Lane	Brentwood	925-516-5380
Civic Park Community Center	1375 Civic Drive	Walnut Creek	925-295-1490
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
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
Tice Valley Gymnasium	2055 Tice Valley Blvd.	Walnut Creek	925-256-3572

For further information, please call our Information & Assistance Program at (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**