



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*:**

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 one of the following locations to cool off on extremely hot days: *shopping mall, library*, coffee shop, movie theater, restaurant, or senior/community center.*

Prior to going, please call to confirm hours of operation and if drop-ins are admitted.

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 Senior Center	415 West 2 nd 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
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
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, Rodeo, and Kensington libraries do not have air conditioners