



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 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

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, Kensington and Rodeo Libraries do not have air conditioners