



Places to COOL OFF During Extreme Heat

The Employment & Human Services Department (EHSD) has the below locations open as cooling centers through Friday, June 18, 2021, from 8 a.m. to 5 p.m.

Community and staff members **MUST** wear masks, *regardless of vaccination status*, upon entering EHSD cooling centers.

To get relief from the high temperatures, visit these EHSD District Offices:

Antioch	4545 Delta Fair Blvd.
Pleasant Hill	400 Ellinwood Way
Martinez	40 Douglas Drive
Hercules	151 Linus Pauling
Richmond	1305 Macdonald

Water and face coverings will be available, as well as lobby seating (without a social distancing requirement). Each office will also provide access to charging station kiosks in the public lobbies.

Community members should **NOT** go to this EHSD office if exposed to or exhibiting symptoms of COVID-19.

Additional Cooling Locations in Contra Costa County

Call first to confirm hours.

Concord

Concord Senior Center, 2727 Parkside Circle, Concord (925) 671-3320

Martinez

Martinez Senior Center, 818 Green Street, Martinez (925) 370-8770

Pittsburg

Pittsburg Senior Center, 300 Presidio Lane (925) 252-4890

For further information, please call Information & Assistance 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)



Lugares dónde REFRESCARSE durante tiempo de extremo calor

El Employment & Human Services Department (EHSD) ofrece los siguientes lugares como centros para refrescarse que estarán abiertos hasta el viernes, 18 de junio, 2021, de 8:00 am a 5:00 pm.

Miembros de la comunidad y personal DEBEN usar mascarillas, estén o no vacunados, antes de entrar a estos centros.

Para obtener alivio de las altas temperaturas, visite estas oficinas de EHSD:

Antioch	4545 Delta Fair Blvd.
Pleasant Hill	400 Ellinwood Way
Martínez	40 Douglas Drive
Hercules	151 Linus Pauling Dr.
Richmond	1305 Macdonald Ave.

Tendrán disponibles mascarillas y agua para beber, así como un lugar para sentarse (sin necesidad de distanciamiento social). Cada oficina también proveerá acceso a estaciones para cargar teléfonos celulares en lugares indicados en las salas de recepción.

Miembros de la comunidad NO deben ir a cualquiera de estas oficinas si han sido expuestos o tienen síntomas de COVID-19.

Otros lugares para refrescarse en el Condado de Contra Costa

Favor de llamar para confirmar horarios

Concord

Concord Senior Center, 2727 Parkside Circle, Concord (925) 671-3320

Martínez

Martínez Senior Center, 818 Green Street, Martínez (925) 370-8770

Pittsburg

Pittsburg Senior Center, 300 Presidio Lane (925) 252-4890

Para más información, favor de llamar a Información y Asistencia al 1 (800) 510-2020 (dentro del Condado de Contra Costa, usando una línea fija) o al (925) 229-8434 (desde un celular o de fuera del Condado de Contra Costa)



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

- **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**

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