



Thursday, July 30, 2009

Riverside and San Bernardino County Open Cool Centers as Extreme Heat Takes Over



Patricia Nickols

INLAND EMPIRE— Both the San Bernardino County and Riverside County Departments of Public Health have issued extreme heat advisories for their counties and advise steps residents can take to protect themselves during this heat wave. Both Counties have also opened several Cool Centers in several locations across the counties. For a list of cooling centers in San Bernardino County, call 2-1-1, or go to the website link at www.coolingsb.org. For more information about extreme heat, visit www.bepreparedcalifornia.ca.gov.

Continued from the front page

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nership of San Bernardino County (CAPSBC), which is operating the center in conjunction with Southern California Edison at its headquarters located at 696 S. Tippecanoe Avenue in San Bernardino.

“Cool Centers are intended to provide residents particularly low-income, senior, and disabled residents, a safe air-conditioned facility they can visit during peak hours of the summer months in lieu of running their own cooling devices at home”, said Patricia L. Nickols,

CAPSBC Chief Executive Officer. CAPS has also recently received a major multi-million dollar grant to conduct home weatherization throughout the county. For more information on other CAPS programs, call CAPSBC at (909) 723-1560 or (909) 723-1620 or visit www.capsbc.org.

County Health Officers advise that the Warning Signs of heat illness include heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness and fainting. Some health conditions such as obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use can make it harder for the body to stay cool in hot weather. Never leave kids or pets in a parked car. If your heart pounds, you become out of breath, lightheaded, weak, or feel faint, stop your activity and rest in a cool

or shady area..

They advise residents to take steps to cool the body. Drink cool, nonalcoholic beverages (water, juice and sports drinks), take a cool shower, bath, or sponge bath. Seek an air-conditioned place, a public building, mall or Cool Center. Wear lightweight, light-colored and loose-fitting clothing and sunscreen. Wear a wide-brimmed hat to keep your head cool. They also advise that residents use a buddy system, and check on friends and family and have someone do the same for you, and to especially check on the elderly and people with health conditions twice a day during a heat wave. Pace yourself, and take frequent, regularly scheduled breaks. Schedule outdoor activities carefully and try to be less active during late afternoon, the hottest part of the day, and rest often in a shady area. (LPezant 7-20-09)

For a list of cool center locations in Riverside County or for more information, call (888) 636-8676 or visit www.rivcohealthdata.org. Speech or hearing impaired individuals may call TTY (951) 955-5126. For a list of summer-weather information and health recommendations, visit www.capriverside.org.

One of the Cool Centers in San Bernardino County is at the Community Action Part-

See “Cool Centers...” page 2