



FOR IMMEDIATE RELEASE

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Cooling Centers Open in Santa Clara County Today in Response to Excessive Heat Watch

SAN JOSE, CALIF.— The County of Santa Clara confirms Cooling Centers are now opened in response to the “Excessive Heat Watch” Issued by The National Weather Service. The County will provide periodic updates when other Cooling Centers open.

Locations in Santa Clara County

Morgan Hill

Morgan Hill Centennial Recreation Center
171 W. Edmundson Ave., Morgan Hill
408-782-2128
Wed. - Friday, 5 a.m. – 10 p.m.

Saratoga Community Center

19655 Allendale Avenue, Saratoga
408- 868-1248
Wed-Fri., 8:00 a.m. to 6:00 p.m.

Morgan Hill Community & Cultural Center

17000 Monterey Road, Morgan Hill
408-782-0008
Wed. – Thurs., 8 a.m. – 6 p.m.
and Friday from 8 a.m. – 5 p.m.

Sunnyvale

Sunnyvale Senior Center - Water available

550 E Remington Drive, Sunnyvale
408-730-7360
Wed., 11 a.m. to 8 p.m. –Thurs. 9:00 a.m.-8:00 p.m.
Friday 9 a.m. – 6 p.m.

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Cooling Centers Open throughout Santa Clara County in Response to Excessive Heat Watch – Page 2

There are a few easy steps residents can take to stay cool during hot summer days. Although it's important to be most cautious during a sustained period of extreme heat, residents should be aware of a few easy tips to follow:

TOP TEN TIPS FOR STAYING COOL:

1. Drink plenty of non-carbonated liquids like water or electrolyte-enriched liquids to replace your fluids even if you don't feel thirsty.
2. Avoid liquids that have alcohol, caffeine or lots of sugar because they will speed up fluid loss.
3. Stay in air-conditioned areas such as malls, libraries, movie theatres and community centers. Even a few hours can cool your body's temperature.
4. If you feel very hot, cool off by taking a cool bath or shower. Opening a window or using a fan may not prevent heat-related illnesses.
5. Do not cool children in alcohol baths. Cool, plain water baths or moist towels work best.
6. Wear lightweight, light-colored, loose-fitting clothing, such as cotton, so sweat can evaporate.
7. NEVER leave anyone or pets in closed, parked cars during hot weather.
8. Do not bundle babies in blankets or heavy clothing. Infants do not tolerate heat well because their sweat glands are not fully developed.
9. Limit physical activity to morning and evening hours. Avoid physical activity or exercise between 10 a.m. and 3 p.m. typically the hottest part of the day. Rest often in shady areas.
10. Wear a wide-brimmed, vented hat or use an umbrella because your head absorbs heat easily.

For more information, call 2-1-1 or go to www.211scc.org. Visit www.sccgov.org and view cooling center locations under hot items or click on "Hot Weather Tips for Your Health." Heat illness information available in English, Spanish, Vietnamese and Chinese.

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