



FOR IMMEDIATE RELEASE

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Cooling Centers Now Open in Gilroy, Milpitas, Sunnyvale, Campbell, Morgan Hill, San Jose, Los Gatos, Saratoga

SAN JOSE, CALIF.— The National Weather Service has issued an "Excessive Heat Watch" for Tuesday through Thursday of this week. Cooling Center locations will be open in Santa Clara County to help residents stay cool.

Locations in Santa Clara County

***Milpitas Community Center**
457 E. Calaveras Blvd., Milpitas
(408) 586-3210
Monday-Thursday, 8:00 am-6:00 pm
and Friday, 8:00 am-5:00 pm

***Milpitas Sports Center**
1325 E. Calaveras Blvd., Milpitas
(408) 586-3225
Monday-Thursday, 5:30 am-9:00 pm,
Friday, 5:30 am-5:00 pm

***Sunnyvale Senior Center**
550 E Remington Drive, Sunnyvale
408-730-7360
Tues. – Thurs., 11 a.m. to 8 p.m. and
Friday 11 a.m. – 6 p.m.

***Campbell Community Center**
1 West Campbell Ave., Room D41, Campbell
408-866-2138
Tues.-Friday, 1 p.m. -9 p.m.

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

***Morgan Hill Community & Cultural Center**
17000 Monterey Road, Morgan Hill
408-782-0008
Tues. – Thurs., 8 a.m. – 8 p.m.
and Friday from 8 a.m. – 5 p.m.

***Gilroy Senior Center**
7371 Hanna St., Gilroy
846-0414
Tuesday, until 8 p.m.

Los Gatos Neighborhood Center
208 E. Main Street, Los Gatos
408-354-6820
Tues. -Thurs., 8:30 a.m. to 4:30 p.m.

Saratoga Community Center
19655 Allendale Avenue, Saratoga
408- 868-1248
Tues-Thurs., 8:00 a.m. to 4:30 p.m.

Saratoga Library
13650 Saratoga Avenue, Saratoga
408-867-6126
Tuesday - 1:00 p.m. to 9:00 p.m.
Wednesday and Thursday 10:00 a.m. to 9:00 p.m.

****Locations added today***

Emergency Housing Consortium

Boccardo Reception Center
2011 Little Orchard Boulevard, San Jose
408-294-2100
Tues.-Thurs., 24 hours a day

InnVision Cecil White Center

358 N. Montgomery Street, San Jose
408-271-5160
Tues. – Thurs., 8:00 a.m.- 7:00 p.m.
Free bottled water.

InnVision Georgia Travis Center (women)

297 Commercial St., San Jose
408-453-3124
Tues.-Thurs.8:00 a.m.-4:30 p.m.

City of San Jose Community Centers

City of San Jose Community Centers are open on Tuesday, July 8 through Thursday, July 10, 8:30 a.m./9 a.m. until 8 p.m. Call locations for specific hours.

Almaden Community Center

6445 Camden Ave., San Jose
408-268-1133

Evergreen Community Center

4860 San Felipe Rd. San Jose
408-270-2220

Berryessa Community Center

3050 Berryessa Rd., San Jose
408-251-6392

Camden Community Center

3369 Union Ave., San Jose
408-559-8553

Southside Community Center

5585 Cottle Rd. San Jose
408-629-3336

Willows Senior Center

2175 Lincoln Ave., San Jose
408-448-6400

Gardner Community Center

520 W. Virginia St., San Jose
408-277-4761

**George Shirakawa
Community Center**

2072 Lucretia Ave., San Jose
408-277-3317

West San Jose Community Ctr

3707 Williams Road, San Jose
408-249-6580

Hank Lopez Community Ctr

1694 Adrian Way, San Jose
408-251-2850

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. # #

