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FOR IMMEDIATE RELEASE

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Cooling Centers Open in Santa Clara County

County Encourages Residents to take Hot Weather Precautions

SAN JOSE, CALIF.— Cooling Centers have been opened in Santa Clara County to help residents stay cool during hot weather.

Locations in Santa Clara County

Call locations for specific hours.

408-294-2100

Los Gatos Neighborhood Center

(Open Friday, June 20, until 6:00 p.m.)
208 E. Main Street, Los Gatos
408-354-6820

Sunnyvale Senior Center- Cypress Room

(Open Friday, 6/20 only, 11 a.m. – 6 p.m.)
550 E. Remington Dr, Sunnyvale
408-730-7360

Emergency Housing Consortium

Boccardo Reception Center
2011 Little Orchard Boulevard, San Jose

InnVision Day Centers

Georgia Travis Center
(for women and women with children)
297 Commercial St., San Jose
408-453-3124

Cecil White Center

358 N. Montgomery Street, San Jose
408-271-5160

City of San Jose Community Centers

City of San Jose Community Centers are open from 8:30 a.m./9 a.m. until 8 p.m. on Friday, June 20, and Saturday, June 21. Call locations for specific hours.

Almaden Community Center

6445 Camden Ave.
San Jose, CA 95120
408-268-1133

San Jose, CA 95124

408-559-8553

Camden Community Center

3369 Union Ave.

Gardner Community Center

520 W. Virginia St.
 San Jose, CA 95125
 408-277-4761

Hank Lopez Community Center

1694 Adrian Way
 San Jose, CA 95122
 408-251-2850

Evergreen Community Center

4860 San Felipe Rd.
 San Jose, CA 95135
 408-270-2220

Southside Community Center

5585 Cottle Rd.
 San Jose, CA 95123
 408-629-3336

George Shirakawa Community Center

2072 Lucretia Ave.
 San Jose, CA 95122
 408-277-3317

Berryessa Community Center

3050 Berryessa Rd.
 San Jose, CA 95132
 408-251-6392

Willows Senior Center

2175 Lincoln Ave.
 San Jose, CA 95125
 408-448-6400

West San Jose Community Center

3707 Williams Road
 San Jose, CA 95117
 408-249-6580

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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 they can follow throughout the summer.

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."

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Heat illness information available in Spanish, Vietnamese and Chinese.