# Tips for Preventing Heat-Related Illness

## The best defense is prevention. Here are some prevention tips:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar–these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library–even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on:
    - Infants and young children
    - People aged 65 or older
    - People who have a mental illness
    - Those who are physically ill, especially with heart disease or high blood pressure
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

## If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

This information provided by NCEH's Health Studies Branch (www.cdc.gov/nceh/hsb).

For more information, visit www.bt.cdc.gov/disasters/extremeheat, or call the CDC public response hotline at (888) 246-2675 (English), (888) 246-2857 (español), or (866) 874-2646 (TTY).



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**Fact Sheet**

## Heat Stress in the Elderly

**Elderly people (that is, people aged 65 years and older) are more prone to heat stress than younger people for several reasons:**

- Elderly people do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that upsets normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

## Heat Stroke

**Heat stroke is the most serious heat-related illness.** It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down. Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

## Signs and Symptoms of Heat Stroke

**Warning signs vary but may include the following:**

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea

## Heat Exhaustion

**Heat exhaustion is a milder form of heat-related illness** that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

## Signs and Symptoms of Heat Exhaustion

**Warning signs vary but may include the following:**

- Heavy sweating
- Paleness
- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting
- Skin: may be cool and moist
- Pulse rate: fast and weak
- Breathing: fast and shallow



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## What You Can Do to Protect Yourself

**You can follow these prevention tips to protect yourself from heat-related stress:**

- Drink cool, nonalcoholic, noncaffeinated beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can cause cramps.)
- Rest.
- Take a cool shower, bath, or sponge bath.
- If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.)
- Wear lightweight clothing.
- If possible, remain indoors in the heat of the day.
- Do not engage in strenuous activities.

## What You Can Do to Help Protect Elderly Relatives and Neighbors

**If you have elderly relatives or neighbors, you can help them protect themselves from heat-related stress:**

- Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke.
- Take them to air-conditioned locations if they have transportation problems.
- Make sure older adults have access to an electric fan whenever possible.

## What You Can Do for Someone With Heat Stress

**If you see any signs of severe heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Do the following:**

- Get the person to a shady area.
- Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower; spray the person with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101°–102°F
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the person alcohol to drink.
- Get medical assistance as soon as possible.

For more information, visit www.bt.cdc.gov/disasters/extremeheat, or call the CDC public response hotline at (888) 246-2675 (English), (888) 246-2857 (español), or (866) 874-2646 (TTY).



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LOS ANGELES COUNTY

# COMMUNITY COOLING CENTERS

**2008**

The following Cooling Centers are listed **alphabetically** by "**City**". This information is also available by dialing 2-1-1, the County's Info line.

| CITY | N AME | PHONE | STREET ADDRESS | ZIP | DAYS & HOURS of OPERATION | |
|---|---|---|---|---|---|---|
| Alhambra | Joslyn Adult Recreation Center | (626) 570-5056 | 210 N Chapel Ave | 91801 | M-F | 8 am – 5 pm |
| Altadena | Altadena Senior Center | (626) 798-4971 | 560 East Mariposa St. | 91001 | M-F | 8 am – 5 pm |
| Azusa | Azusa Senior Center | (626) 812-5204 | 740 North Dalton | 91702 | M-Th<br>Fri | 8:30 am – 4 pm<br>8:30 am - 1:30 pm |
| Burbank | City of Burbank | (818) 238-5357 | 1301 West Olive Ave | 91506 | M-F<br>Sat | 8 am - 9 pm<br>8 am - 4 pm |
| Claremont | Blaisdell Senior Center | (909) 399-5367 | 440 S. College Ave | 91711 | M-F | 10 am - 2 pm |
| Claremont | Joslyn Senior Center, Claremont | (909) 399-5488 | 660 N. Mountain Ave | 91711 | M-F | 8 am – 5 pm |
| Compton | Dickison Community Lighted Schools | (310) 637-6971 | 600 N. Alameda St | 90221 | M-F | 9 am - 4 pm |
| Compton | Dollarhide Senior Center | (310) 605-5688 | 1108 N. Oleander Ave | 90222 | M-F | 8 am – 6 pm |
| Compton | East Rancho Dominguez Svc Center | (310) 603-7401 | 4513 E. Compton B. | 90221 | M-F | 8 am – 5 pm |
| Covina | YWCA Intervale Senior Services | (626) 858-8382 | 943 No. Grand Ave | 91724 | M-F | 8 am – 4:30 pm |
| Culver City | Culver City Senior Center | (310) 253-6700 | 4095 Overland Ave | 90232 | M-F<br>Sat-Sun | 9 am - 4 pm<br>12 pm - 4 pm |
| El Monte | Jack Crippen Multi-Purpose Senior Center | (626) 580-2210 | 3120 N Tyler Ave | 91731 | M-Th<br>Fri | 7 am - 5:30 pm<br>8 am - 3 pm |
| Gardena | Asian Community Service Center | (310) 217-7300 | 14112 S. Kingsley Dr | 90249 | M-F | 8 am – 5 pm |
| Gardena | Gardena Seniors | (310) 217-9552 | 1670 W. 162nd St | 90247 | M-F | 8 am - 4 pm |
| Glendale | Glendale Parks and Rec. Community Svcs | (818) 548-3775 | 201 E Colorado Blvd | 91205 | Mon-Sat<br>Sun | 8 am - 4 pm<br>9 am - 2 pm |

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| Hacienda Heights | Steinmetz Senior Center | (626) 934-7041 | 1545 S. Stimson Ave | 91745 | M-F | 8 am - 5 pm |
| Hollywood | Hollywood Senior Center | (323) 957-3900 | 1360 N. Saint Andrews Pl. | 90028 | M-F | 8:30 am - 4:30 pm |
| Inglewood | Inglewood Senior Center | (310) 412-5338 | 330 Centinela Ave. | 90301 | M-F<br>Sat | 8 am – 5 pm<br>10 am – 5 pm |
| La Mirada | La Mirada Activity Center | (562) 902-3160 | 13810 La Mirada Blvd | 90638 | M-F<br>Sat | 8 am - 9 pm<br>9 am - 3 pm |
| Lancaster | Antelope Valley Senior Ctr. | (661) 726-4400 | 777 W. Jackman St | 93534 | M-F | 8 am – 4:45 pm |
| Littlerock | Jackie Robinson Park | (661) 944-2880 | 8773 East Avenue R | 93543 | M-F<br>Sat | 9 am – 9 pm<br>8 am – 5 pm |
| Los Angeles | Centro Maravilla Service Center | (323) 260-2805 | 4716 East Cesar Chavez Ave | 90022 | M-F | 8 am – 5 pm |
| Los Angeles | East Los Angeles Service Center | (323) 260-2801 | 133 N. Sunol Dr | 90063 | M-F | 8 am – 5 pm |
| Los Angeles | East Los Angeles WorkSource Center | (323) 887-7122 | 5301 Whittier Blvd | 90022 | M-F | 8 am – 5:30 pm |
| Los Angeles | Florence/Firestone Service Center | (323) 586-6502 | 7807 S Compton Ave | 90001 | M-F | 8 am – 5 pm |
| Los Angeles | Roosevelt Senior Center | (323) 586-7228 | 7600 Graham Ave | 90001 | M-F | 8 am - 5 pm |
| Los Angeles | Salazar Senior Center | (323) 260-2330 | 3864 Whittier Blvd | 90023 | M-F | 8 am - 2 pm |
| Los Angeles | Washington Park Gym | (323) 586-7205 | 8908 S Mae Ave | 90002 | M-F | 8 am - 5 pm |
| Los Angeles | Willowbrook Senior Center | (310) 603-3358 | 12915 So. Jarvis Ave | 90061 | M-F | 8 am - 5 pm |
| Newhall | Hart Park | (661) 259-0855 | 24151 Newhall Ave. | 91321 | Mon-Sun | 6 am – 5 pm |

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|---|---|---|---|---|---|---|
| Norwalk | Norwalk Senior Center | (562) 929-5580 | 14040 San Antonio Dr | 90650 | M-F<br>Sat | 8 am - 8 pm<br>8 am - 1 pm |
| Palmdale | Palmdale Senior Center | (661) 267-5551 | 1102 East Avenue Q-12 | 93550 | M-F | 8 am - 4:30 pm |
| Pasadena | Pasadena Senior Center | (626) 795-4331 | 85 East Holly St | 91103 | M-F<br>Sat | 8:30 am - 4:30 pm<br>8:30 am - 3 pm |
| Pico Rivera | Pico Rivera Senior Center | (562) 948-4844 | 9200 Mines Ave | 90660 | M-Th<br>F | 8 am - 5 pm<br>8 am - 3 pm |
| Pomona | Pomona Senior Program | (909) 620-2301 | 499 East Arrow Hwy | 91769 | M-F | 9 am -3 pm |
| Reseda | O.N.E. Generation | (818) 705-2345 | 18255 Victory Blvd | 91335 | M-F | 7:30 am - 5 pm |
| Rowland Heights | Pathfinder Park | (562) 690-0933 | 18150 E Pathfinder Rd | 91748 | M-Sun | 9 am - 10 pm |
| San Fernando | Cesar Chavez Park | (818) 898-1290 | 208 Park Ave | 91340 | M-F | 3 pm - 10 pm |
| San Pedro | San Pedro Service Center | (310) 519-6091 | 769 West Third Street | 90731 | M-F | 8 am - 5 pm |
| So. El Monte | South El Monte Senior Center | (626) 448-0131 | 1556 Central Ave | 91733 | M, Tu, Th, F<br>Wed | 7 am - 5:30 pm<br>7 am – 8:30 pm |
| Van Nuys | San Fernando Valley Service Center | (818) 901-3501 | 7555 Van Nuys Blvd | 91405 | M-F | 8 am - 5 pm |
| Whittier | Los Nietos Service Center | (562) 699-9898 | 11640 E. Slauson Ave | 90606 | M-F | 8 am – 5 pm |

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