



Cooling Center Guidance

Overview:

In the event of an excessive heat forecast for the Santa Clarita Valley, the City of Santa Clarita encourages residents to be prepared for extreme heat. See below for cooling center information and additional tips to beat the heat this summer!

Cooling Center Locations:



**Canyon Country
Jo Anne Darcy Branch**
18601 Soledad Canyon Road
Santa Clarita, CA 91351



Old Town Newhall Branch
24500 Main Street
Santa Clarita, CA 91321

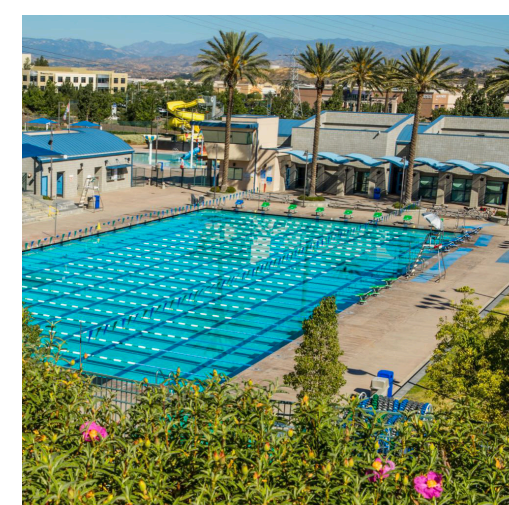


Valencia Branch
23743 W. Valencia Boulevard
Santa Clarita, CA 91355
*To view branch hours,
please visit SantaClaritaLibrary.com*

Alternate Cooling Locations:



**The Cube
- Ice and Entertainment Center**
27745 Smyth Drive
Santa Clarita, 91355
*To view facility hours and session prices,
please visit TheCubeSantaClarita.com*



Santa Clarita Aquatic Center
20850 Centre Pointe Parkway
Santa Clarita, CA 91350
*To view pool locations and hours,
please visit santa-clarita.com/Aquatics*



Tips to Stay Cool:

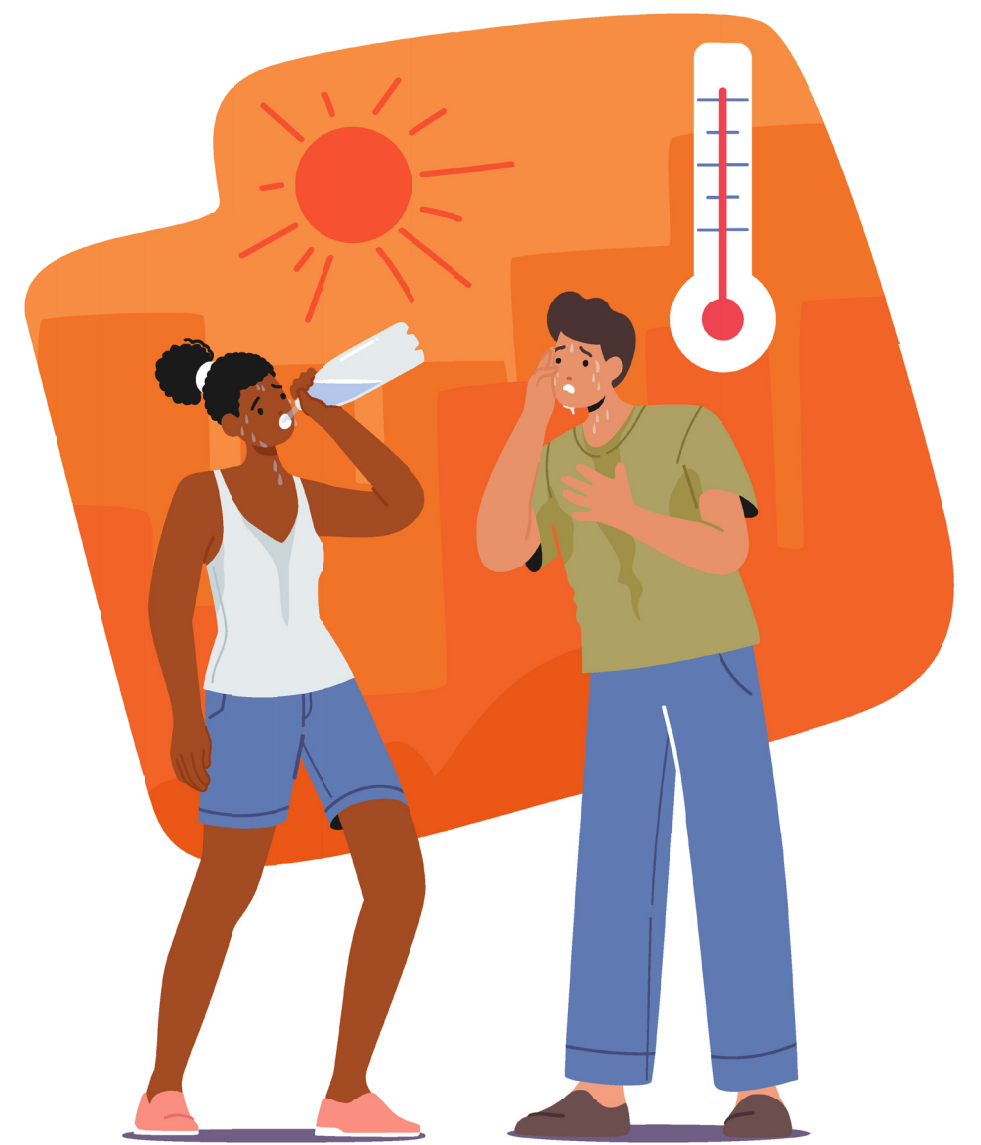
- Drink plenty of cool water! Stay hydrated.
- Wear loose, light-colored clothing and wear sunscreen and a hat for protection.
- Check on neighbors who might be vulnerable to the heat, especially those without air conditioning.
- Look before you lock! Never leave children or pets in a car - not even for one minute. Temperatures inside a car can quickly skyrocket to deadly levels.
- If you work or play outside, take frequent breaks to hydrate and cool off in the shade.
- Don't forget your pets! Keep pets indoors if possible. If kept outside, give them plenty of water and shade to rest in.

Heat-Related Illness

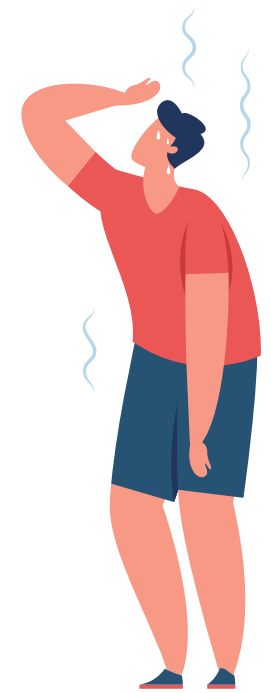
Extreme heat has the potential to lead to health problems, if not addressed properly. Be aware of the signs and symptoms associated with heat illness to best prevent further injury.

Heat Cramps

- Symptoms include muscular pains and spasms, usually in the stomach, arms or leg muscles.
- Heat cramps usually result from heavy exertion, such as exercise, during extreme heat.
- Although heat cramps are the least severe of all heat-related problems, they are usually the first signal that the body is having trouble coping with hot temperatures. Heat cramps should be treated immediately with rest, fluids and getting out of the heat.
- Seek medical attention if pain is severe or nausea occurs.



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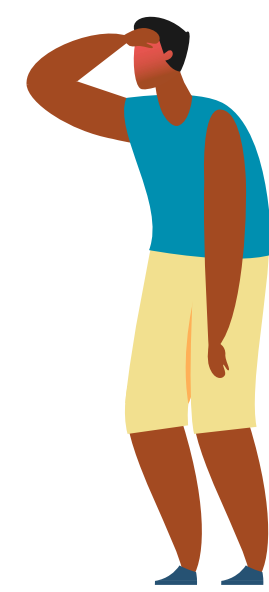
Heat Exhaustion

- Symptoms include heavy sweating, pale and clammy skin, extreme weakness or fatigue, muscle cramps, headache, dizziness or confusion, nausea or vomiting, fast and shallow breathing or fainting.
- Heat exhaustion should be treated immediately with rest in a cool area, sipping water or a sports drink and applying cool and wet cloths to the skin.
- Seek medical attention if the person does not respond to any of the guidance listed above.

Symptoms include heavy sweating, pale and clammy skin, extreme weakness or fatigue, muscle cramps, headache, dizziness or confusion, nausea or vomiting, fast and shallow breathing or fainting.

Heat Stroke

- Symptoms include flushed, hot, moist skin or a lack of sweat, high body temperature (above 103°F), confusion or dizziness, possible unconsciousness, throbbing headache, rapid or strong pulse.
- Heat stroke is the most severe heat-related illness and occurs when a person's temperature control system, which produces sweat, stops working.
- If you identify someone experiencing heat stroke, call 9-1-1. Move the victim to a cool shaded area. Fan the body, and spray the body with water.



Symptoms include flushed, hot, moist skin or a lack of sweat, high body temperature (above 103°F), confusion or dizziness, possible unconsciousness, throbbing headache, rapid or strong pulse.