



## Cooling Zones Open 2019

**Cooling Zone** – Location where the public can get relief from the heat; generally, these are open to the public but not supported with resources i.e. libraries, shopping malls, theaters, etc.

**Cooling Center** – Location where the public can get relief from the heat; these locations are cooled and provide cold water and/or other services.

***PLEASE CHECK WITH LOCATIONS FOR HOURS OF OPERATION OR EXTENDED EVENING HOURS!***

Location	Address	Phone Number	Regular Hours
Boggs Tract Community Center	533 S. Los Angeles St. Stockton	209-468-3978	Monday – Friday 8am-5pm
Northeast Community Center	2885 E. Harding Way Stockton	209-468-3918	Monday – Friday 8am-5pm
Larch Clover Community Center	11157 W. Larch Road Tracy	209-831-5920	Monday – Friday 8am-5pm
Lodi Community Services Center	415 S. Sacramento St. Lodi	209-331-7516	Monday – Friday 8am-5pm
Kennedy Community Center	2800 South “D” St. Stockton	209-468-3986	Monday – Friday 8am-5pm
Thornton Community Center	26675 N. Sacramento Blvd. Thornton	209-468-1784	Monday – Friday 8am-5pm
Lodi Public Library	201 E. Locust St Lodi	209-333-5503	Monday – Thursday 9am-9pm Saturday - Sunday 10am-5pm <b>Friday Closed</b>
Garden Acres Community Center	607 Bird Ave. Stockton	209-468-3984	Monday – Friday 8am-5pm
Taft Community Center	389 W. Downing Ave. Stockton	209-468-4168	Monday – Friday 8am-5pm
Arnold Rue Community Center	5758 Lorraine Ave. Stockton	209-937-7350	Monday-Thursday 9 am-8pm Friday 9am-11pm, Saturday 9am-5pm <b>Closed: Sunday</b>
Stribley Park	1760 E. Sonora St. Stockton	209-937-7351	Monday-Thursday 9 am-8pm Friday 9am-11pm, Saturday 9am-5pm <b>Closed: Sunday</b>
Oak Park Senior Center	730 E. Fulton St. Stockton	209-937-7777	Monday-Thursday 8am-5pm Friday 8am-4pm <b>Closed: Saturday/Sunday</b>
Van Buskirk Community Center	734 Houston Ave. Stockton	209-937-7358	Monday-Thursday 9 am-8pm Friday 9am-11pm, Saturday 9am-5pm <b>Closed: Sunday</b>
Manteca Senior Center	295 Cherry Lane Manteca	209-825-2301	Monday-Friday 7:30am-4:30pm <b>Closed: Saturday/Sunday</b>

# **Extreme Heat Fact Sheet & Tips**

## **Never leave infants, children, or pets unattended in your vehicle, not even for a moment**

Children up to age 4, people taking certain medications, persons with disabilities, and seniors age 65 and over are particularly less able to cope with hotter weather and should be monitored throughout the day for signs of heat-related illness.

**Drink more fluids** - especially water. Your body needs water for many crucial functions and dehydration can lead to serious health effects.

**If you need to work or go outdoors** - Wear lightweight, comfortable clothing. Avoid the hottest parts of the day by scheduling activities during cooler hours (generally mornings and evenings). Also be sure to wear a hat and use sunscreen because sunburn affects the body's ability to cool itself. Don't over exert.

**Stay cool indoors** - Turn on an air conditioner or evaporative cooling system. If you don't have access to air conditioned space at home, please visit a local shopping mall, senior center, public library, community center, or other facility that is open to the public.

Do not rely only on electric fans during a heat wave. When the temperature is in the 90s or above, a fan will not prevent heat-related illness. A cool shower or bath is a better way to beat the heat and keep body temperatures at safer levels.

**Use common sense** - Avoid hot meals and heavy, spicy foods when the weather gets hot. Eat smaller meals more often.

If you, or someone you know, may be at risk for heat-related illness, talk to a doctor or pharmacist.

### **For Local information and updates:**



Office of Emergency Services

<http://www.sjgov.org/oes>

<https://www.facebook.com/sjcoes>

**Call 9-1-1 in the event of a true health emergency**