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PRESS RELEASE

City to Open Cooling Center at Barbara J. Riley Community & Senior Center

Downey, CA, September 4, 2020:

In response to the sweltering summer temperatures expected for this weekend, the City of Downey will be opening a cooling center on **Saturday, September 5 and Sunday, September 6** from **10:00 a.m. to 5:00 p.m.** at the **Barbara J. Riley Community and Senior Center, located at 7810 Quill Dr, Downey, CA 90242.**

This cooling center will operate in compliance with the County's Health Officer Order to prevent the spread of COVID-19. Health screenings, temperature checks, physical distancing and face coverings are required for visitors. Cleaning and disinfecting practices will also be conducted at the cooling center.

"We want to ensure that our residents have a safe place to stay cool during this upcoming heat wave," said Mayor Blanca Pacheco. "Residents, especially our senior citizens, are strongly advised to take advantage of this cooling center if needed."

"Extreme heat can be dangerous and it is important for residents who lack access to air conditioning to have a safe place to stay cool and healthy," added Mayor Pro Tem Claudia M. Frometa.

Residents are urged to take the following precautions during the hot weather:

- Stay indoors in air-conditioned spaces as much as possible, especially during peak hours
- Check on elderly neighbors and family and friends who do not have air conditioning
- Avoid unnecessary sun exposure
- Drink plenty of water even if you are not thirsty. Avoid caffeinated and alcoholic beverages.
- Set your air conditioner at 78°. If you don't have air-conditioning, take a cool shower twice a day and visit a public air conditioned facility
- Dress in loose-fitting, light-weight and light-colored clothes that cover as much skin as possible
- An early sign of heat-related illnesses is diminished judgment. The use of the buddy system is important in all situations. Check on vulnerable populations frequently

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- Never leave children or pets alone in closed vehicles
- Make sure pets have plenty of water and shade, be careful to not over exercise them, and keep them indoors when it is extremely hot

Symptoms of heat exhaustion include dizziness, fatigue, faintness, headaches, muscle cramps and increased thirst. Seek immediate medical attention if any of the above mentioned symptoms persist or worsen.

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