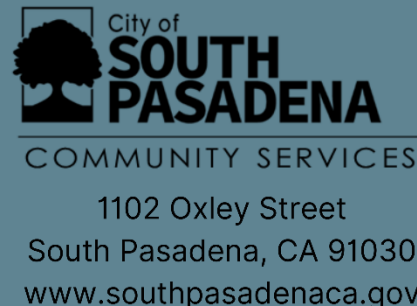




PRESS RELEASE



FOR IMMEDIATE RELEASE
August 5, 2024

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Cooling Centers

In response to forecasted excessive heat, the City of South Pasadena will activate two Cooling Centers when temperatures reach 96°F or higher at the South Pasadena Senior Center, located at 1102 Oxley Street and the South Pasadena Public Library, located at 1100 Oxley Street.

Residents are invited to sit and enjoy the air conditioning during normal business hours. The South Pasadena Senior Center is open Monday through Friday from 8:00 a.m. to 5:00 p.m. The South Pasadena Public Library is open Monday 10:00 a.m. to 6:00 p.m., Tuesday through Thursday from 10:00 a.m. to

8:00 p.m., Friday through Saturday from 10:00 a.m. to 6:00 p.m., and Sunday from 1:00 p.m. to 5:00 p.m.

Los Angeles County Public Health reminds everyone to take precautions to avoid heat-related illness, especially older adults, young children, pregnant people, outdoor workers, athletes, and those with chronic medical conditions who are more at risk for negative health impacts from extreme heat. Public Health recommends the following actions be taken on days with high temperatures:

1. **Stay Hydrated:** Drink plenty of water to keep hydrated throughout the day. Your body loses water more rapidly through sweating to cool itself down. Drinking enough water helps you replenish the lost water and maintain proper bodily functions, prevent dehydration, and reduce the risk of heat-related illnesses.
2. **Think Ahead, Plan, and Protect:** If you need to go outside, avoid going out during the hottest hours. Wear sunscreen,

lightweight and light-colored clothes and wear a hat or use an umbrella.

3. Car Safety: Cars get very hot inside, even with the windows cracked or open. Never leave children or pets in cars. Call 9-1-1 if you see a child or pet in a car alone in a car.
4. Recognize Heat Illness: Be aware of the symptoms of [heat-related illness](#) like heat exhaustion and heat stroke and know what to do to care for them. Call 9-1-1 right away if you see these symptoms: high body temperature (103°F or higher), vomiting, dizziness, confusion, and hot, red, dry, or damp skin. Heat stroke is a medical emergency.
5. Check on People More At-Risk: Regularly check on those at risk for heat-related illness, like those who are sick or have chronic conditions, older adults, pregnant people, children, those who live alone, pets, and outdoor workers and athletes.

6. Prepare for Power Outages: Visit your power company's website or contact them by phone to determine if you are scheduled for a rolling power outage.

County and City partners have planned ways to safely operate cooling centers during times of high heat. Residents who do not have access to air conditioning are encouraged to take advantage of additional free cooling centers, splash pads, and community pools. To find a location near you or for more information on cooling centers within Los Angeles County, please visit ready.lacounty.gov/heat.

Los Angeles County residents, including people with disabilities and others with access and functional needs can call 2-1-1 for emergency preparedness information and other referral services. The toll-free 2-1-1 number is available 24 hours a day, seven days a week. 211 LA County services can also be accessed by visiting 211la.org.

For additional questions or concerns, please contact the South Pasadena Senior Center at (626) 403-7360 or email at seniorcenter@southpasadenaca.gov

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