SURVIVING THE HEAT

Tips from L. A. County's

Emergency Survival Program

www.espfocus.org

The list of L. A. County *Cooling Centers* *is attached to these hot weather safety precautions.*

If you are planning to visit one of these *Cooling Centers,* it is advisable that you call in advance to make sure there is still seating available. If a ***Cooling Center*** is not operational, check the attached list for another ***Cooling Center*** nearest you or call **211** LA County. Check with your local library when looking for a place to cool down. They have great resources and plenty to read while you escape the heat. For further information on heat waves, go to http://lacoa.org/PDF/ESP_FocusSheet_Heatwave_0710.pdf.

If you plan to be outdoors, please take precautions to protect yourself from the sun and heat.

- Avoid the sun from 10 a.m. to 3 p.m. when the burning rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light colored lightweight, loose-fitting clothes when you are outdoors
- Avoid hot, heavy meals that include proteins.
- Set your air conditioner between 75° to 80°. If you don't have air-conditioning take a cool shower twice a day and visit a public air conditioned facility.
- Check on elderly neighbors and family and friends who do not have air conditioning.
- Drink plenty of fluids even if you are not thirsty. Avoid alcohol.
- Use sun screen with a sun protection factor of at least 15 if you need to be in the sun.
- Don't forget about your pets, they need plenty of water and shade.
- Insulate your home by installing weather stripping around your doors and windowsills to keep the cool air inside.

Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, muscle cramps and increased thirst.

For more information, please call 211 LA County or go to http://211la.org

CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Alhambra	**Joslyn Adult Recreation Center**	(626) 570-5056	210 N Chapel Ave.	91801	Mon –Fri	8 am – 5 pm
Altadena	**Altadena Senior Center**	(626) 798-4971	560 East Mariposa St.	91001	Mon –Fri	8 am – 5 pm
Arcadia	**Arcadia Community Center**	(626) 574-5130	365 Campus Drive	91007	Mon –Fri	8:30 am – 4:30 pm
Arcadia	**Arcadia Public Library**	(626) 821-4364	20 W. Duarte Rd.	91006	Mon – Thur Fri - Sat	10 am – 9 pm 10 am – 6 pm
Arcadia	**Methodist Hospital of So. California**	(626) 898-8960	300 W. Huntington Drive	91007	Mon – Fri	8:00 am – 5:00 pm
Artesia	**Artesia Library**	(562) 865-6614	18722 Clarkdale Ave.	90701	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Avalon	**Avalon Library**	(310) 510-1050	215 Sumner Ave.	90704	Tue - Thur Fri – Sat	11 am – 7 pm 9 am – 5 pm
Azusa	**Azusa Library**	(626) 812-5232	729 N. Dalton	91702	Mon -Wed Thur Fri – Sat	10 am – 9 pm 10 am – 6 pm 10 am – 5 pm
Azusa	***Azusa Senior Center**	(626) 812-5204	740 N. Dalton	91702	Mon -Thur Fri	8:30 am – 4 pm 8:30 am - 1:30 pm
*Note: Azusa Senior Center will open on Sunday between 10 am – 4 pm when local temperatures reach 100°						
Azusa	**Memorial Park**	(626) 812-5287.	320 N. Orange Place	91702	Mon -Fri Sat-Sun	1 pm – 6 pm 10 am – 4 pm
Baldwin Park	**Julia McNeill Senior Center**	(626) 813-5245	4100 Baldwin Park Blvd.	91706	Mon – Fri	7 am – 3 pm
Baldwin Park	**Morgan Park Community Center**	(626) 813-5245	4100 Baldwin Park Blvd.	91706	Mon – Fri	7 am – 8 pm
Bellflower	**Clifton Brakensiek Library**	(562) 925-5543	9945 E. Flower Street	90706	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Burbank	**Buena Vista Library**	(818) 238-5620	300 N. Buena Vista St	91505	Mon - Thur Fri Sat Sun	10 am – 9 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 pm
Burbank	**Burbank Central Library**	(818) 238-5600	110 N. Glenoaks Blvd	91502	Mon – Thur Fri Sat	9:30 am – 9 pm 9:30 am – 6 pm 10:00 am – 6 pm

CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Carson	**Carson Library**	(310) 830-0901	151 East Carson Street	90745	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Claremont	**Alexander Hughes Community Ctr.**	(909) 399-5490	1700 Danbury Road	91711	Mon – Thur Fridays Sat	8 am – 9 pm 8 am – 6 pm 8 am – 2 pm
Claremont	**Blaisdell Senior Center**	(909) 399-5367	440 S. College Ave.	91711	Mon -Fri	10 am - 2 pm
Claremont	**Claremont Library**	(909) 621-4902	208 North Harvard Ave.	91711	Tue - Thur Fri – Sat Sun	10 am – 8 pm 8 am – 6 pm 1 pm – 5 pm
Claremont	**Joslyn Senior Center, Claremont**	(909) 399-5488	660 N. Mountain Ave.	91711	Mon -Fri	8 am – 5 pm
Compton	**Dollarhide Senior Center**	(310) 605-5688	1108 N. Oleander Ave.	90222	Mon –Fri	8 am – 5 pm
Compton	**E. Rancho Dominguez Svc Ctr**	(310) 603-7401	4513 E. Compton Blvd	90221	Mon –Fri	8 am – 5 pm
Covina	**YWCA San Gabriel Valley - Intervale Senior Services**	(626) 960-2995	943 No. Grand Ave.	91724	Mon –Fri	9 am – 4:30 pm
Culver City	**Culver City Senior Center**	(310) 253-6700	4095 Overland Ave.	90232	Mon -Fri Sat-Sun	9 am - 5 pm 12 pm - 4 pm
Diamond Bar	**Diamond Bar Library**	(909) 861-4978	21800 Copley Drive	91765	Mon – Thur Fri – Sat	12 pm – 9 pm 10 am – 5 pm
Downey	**Barbara J Riley Community & Senior Center**	(562) 904-7223	7810 Quill Drive	90242	Mon & Fri Tue-Thur Sat	8 am – 5 pm 8 am – 9 pm 10 am – 2 pm
Downey	**Columbia Memorial Space Center**	(562) 231-1200	12400 Columbia Way	90242	Tue – Sat	10 am – 5 pm
Downey	**Downey City Library**	(562) 904-7360	11121 Brookshire Ave	90241	Mon – Thur Fri – Sat	10 am – 8 pm 10 am – 5 pm
Duarte	**Duarte Library**	(626) 358-1865	1301 Buena Vista Street	91010	Mon – Thur Fri – Sat	11 am – 8 pm 11 am – 6 pm
El Monte	**El Monte Library**	(626) 444-9506	3224 Tyler Ave.	91731	Mon – Thur Fri – Sat	10 am – 8 pm 8 am – 6 pm
El Monte	**Jack Crippen Multi-Purpose Senior Center**	(626) 580-2210	3120 N Tyler Ave.	91731	Mon-Thur	7:30 am - 5:30 pm
Gardena	**Asian Community Service Center**	(310) 217-7300	14112 S. Kingsley Drive	90249	Mon -Fri	8 am – 5 pm

CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Gardena	**Gardena Senior Citizens Bureau Nakaoka Community Center**	(310) 217-9537	1670 W. 162nd Street	90247	Mon -Fri Sat	8 am – 9 pm 8 am – 1 pm
Glendale	**Glendale Parks and Recreation Community Services**	(818) 548-3775	201 E Colorado Blvd.	91205	Mon – Thur Fri Sat	8 am - 8 pm 8 am – 5 pm 8 am – 4 pm
Glendale	**Sparr Heights Community Center**	(818) 548-2188	1613 Glencoe Way.	91208.	Mon – Tues Wed – Thur Fri	8 am – 5 pm 8 am – 6 pm 8 am – 3 pm
Hacienda Heights	**Hacienda Heights Library**	(626) 968-9356	16010 La Monde Street	91745	Mon – Th Fri Sat Sun	9 am – 9 pm 9 am – 6 pm 9 am – 5 pm 1 pm – 5 pm
Hacienda Heights	**Steinmetz Senior Center**	(626) 934-7041	1545 S. Stimson Ave.	91745	Mon -Fri	8 am - 5 pm
Hawaiian Gardens	**Hawaiian Gardens Library**	(562) 496-1212	11940 Carson St.	90716	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Hollywood	**Hollywood Senior Center**	(323) 957-3900	1360 N. Saint Andrews Pl.	90028	Mon -Fri	8:30 am - 4:30 pm
Irwindale	**Irwindale Senior Center**	(626) 430-2283	16116 Arrow Highway	91706	Mon – Fri	8:00 am – 4:00 pm
La Mirada	**La Mirada Activity Center**	(562) 902-3160	13810 La Mirada Blvd	90638	Mon -Fri	7:30 am - 6 pm
La Mirada	**La Mirada Library**	(562) 943-0277	13800 La Mirada Blvd	90638	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
La Puente	**Sunshine Park**	(626) 854-5559	515 So. Deepmead Ave.	91744	Mon – Sat	12:00 pm – 8:00 pm
La Verne	**La Verne Community Center**	(909) 596-8776	3680 “D” Street	91750	Mon – Thur Fri	8:30 am – 6:30 pm 8 am – 4:30 pm
Lakewood	**Angelo M. Iacoboni Library**	(562) 866-1777	4990 Clark Ave.	90712	Tue – Thur Fri – Sat	10 am – 8 pm 8 am – 6 pm
Lakewood	**George Nye Jr. Library**	(562) 421-8497	6600 Del Amo Blvd	90713	Tu – Thur Fri – Sat	10 am – 8 pm 8 am – 6 pm
Lancaster	**Antelope Valley Senior Ctr.**	(661) 726-4400	777 W. Jackman St	93534	Mon –Fri	8 am –5 pm
Littlerock	**Jackie Robinson Park**	(661) 944-2880	8773 East Avenue R	93543	Mon -Fri Sat	9 am – 9 pm 8 am – 5 pm

CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Lomita	**Lomita Library**	(310) 539-4515	24200 Narbonne Ave.	90717	Tue - Thur Fri – Sat	10 am – 8 pm 8 am – 6 pm
Los Angeles	**Centro Maravilla Service Center**	(323) 260-2804	4716 Cesar E. Chavez Ave.	90022	Mon-Fri	8 am – 5 pm
Los Angeles	**East Los Angeles Library**	(323) 264-0155	4837 East 3rd Street	90022	Mon-Th Fri Sat Sun	10 am – 9 pm 9 am – 5 pm 10 am – 5 pm 1 pm – 5 pm
Los Angeles	**East Los Angeles Service Center**	(323) 260-2801	133 No. Sunol Dr.	90063	Mon – Fri	8 am – 5 pm
Los Angeles	**Florence/Firestone Service Center**	(323) 586-6502	7807 S Compton Ave.	90001	Mon – Fri	8 am – 5 pm
Los Angeles	**Roosevelt Senior Center**	(323) 586-7228	7600 Graham Ave.	90001	Mon -Fri	8:30 am - 5 pm
Los Angeles	**Salazar Senior Center**	(323) 260-2330	3864 Whittier Blvd.	90023	Mon -Fri	8 am - 2 pm
Los Angeles	**Washington Park Gym**	(323) 586-7205	8908 S Maie Ave.	90002	Mon -Fri	10 am - 8 pm
Los Angeles	**Willowbrook Senior Center**	(310) 217-5650	12915 So. Jarvis Ave.	90061	Mon -Fri	8 am - 5 pm
Los Angeles	**St. Barnabas Senior Services**	(213) 388-4444	675 S. Carondelet Street	90057	Mon -Fri	8 am – 4 pm
Los Angeles	**For additional locations within the City of Los Angeles call 3-1-1 or go to: http://emergency.lacity.org/index.htm**					
Manhattan Beach	**Manhattan Beach Library** **CLOSED FOR RECONSTRUCTION**	(310) 545-8595	1320 Highland Avenue	90266		
Marina del Rey	**Lloyd Taber-Marina del Rey Library**	(310) 821-3415	4533 Admiralty Way	90292	Mon Tu- Thur Fri Sat	11 am – 7 pm 11 am – 8 pm 12 pm – 6 pm 10 am – 5 pm
Monrovia	**Monrovia Community Center**	(626) 256-8246	119 West Palm Ave.	91016	Mon - Thur Fri – Sat Sun	8 am – 9 pm 8 am – 5 pm Call (626) 256-8246
Montebello	**Potrero Heights Park Community and Senior Center**	(626) 927-5430	8051 Arroyo Drive	90640	Mon – Fri	8 am – 5 pm
Monterey Park	**Langley Senior Citizens Center**	(626) 307-1395	400 W. Emerson Ave.	91754	Mon -Fri Sat – Sun	8 am – 5 pm Call for Hours

CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Newhall	**Santa Clarita Old Town Public Library**	(661) 259-8942	24500 Main Street	91321	Mon – Thur Friday Sat Sun	9 am – 8 pm 10 am – 6 pm 10 am - 5 pm 1 pm – 5 pm
Newhall	**Santa Clarita Valley Senior Center**	(661) 259-9444	22900 Market Street	91321	Mon – Fri	8 am - 4:30p
Norwalk	**Alondra Library**	(562) 868-7771	11949 Alondra Blvd	90650	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Norwalk	**Norwalk Library**	(562) 868-0775	12350 Imperial Hwy	90650	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Norwalk	**Norwalk Senior Center**	(562) 929-5580	14040 San Antonio Dr	90650	Mon -Fri Sat	8 am - 7 pm 8 am - 5 pm
Palmdale	**Palmdale City Library**	(661) 267-5600	700 East Palmdale Blvd.	93550	Mon-Thur Fri-Sat Sun	10 am – 8 pm 10 am – 5 pm 1 pm – 5 pm
Paramount	**Paramount Library**	(562) 630-3171	16254 Colorado Ave.	90723	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Pasadena	**Pasadena Senior Center**	(626) 795-4331	85 East Holly St	91103	Mon -Fri Sat	8:30 am - 4:30 pm 8:30 am - 3 pm
Pico Rivera	**Pico Rivera Senior Center**	(562) 948-4844	9200 Mines Ave.	90660	Mon -Thur Fri	8 am - 5 pm 8 am - 3 pm
Pomona	**Palomares Park Community Center**	(909) 620-2324	499 East Arrow Hwy.	91769	Mon –Fri	10 am - 5 pm
Pomona	**Washington Community Center**	(909) 620-2324	865 E. Grand Ave.	91769	Mon –Fri	10 am - 5 pm
Pomona	**Westmont Community Center**	(909) 620-2324	1808 West Ninth Street	91769	Mon – Fri	2 pm – 5 pm
Reseda	**OneGeneration** ***Senior Enrichment Center***	(818) 705-2345	18255 Victory Blvd.	91335	Mon -Fri	7:30 am - 5 pm
Rowland Heights	**Pathfinder Park**	(562) 690-0933	18150 E Pathfinder Rd.	91748	Tues - Sun	12 noon - 6 pm
Rowland Heights	**Rowland Heights Library**	(626) 912-5348	1850 Nogales Street	91748	Mon – Thur Fri Sat Sun	9 am – 9 pm 9 am – 6 pm 9 am – 5 pm 1 pm – 5 pm
San Dimas	**San Dimas Senior Citizen/ Community Center**	(909) 394-6290	201 E. Bonita Ave.	91773	Mon – Fri	8 am – 5 pm

CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
San Fernando	**San Fernando Recreation Park**	(818) 898-1290	208 Park Ave.	91340	Mon - Fri	9 am – 6 pm
San Gabriel	**Asian Youth Center**	(626) 309-0622	100 West Clary Ave.	91776	Mon - Fri	9 am – 6 pm
San Pedro	**San Pedro Service Center**	(310) 519-6091	769 West Third Street	90731	Mon -Fri	8 am - 5 pm
Santa Clarita	**Santa Clarita Public Library**	(661) 259-8332	23743 West Valencia Bl.	91355	Mon – Thur Fri Sat Sun	10 am – 9 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 pm
Santa Clarita	**Santa Clarita Public Library**	(661) 250-3301	18601 Soledad Canyon	91351	Mon – Thur Fri Sat Sun	9 am - 8 pm 10 am - 6 pm 10 am - 5 pm 1 pm – 5 pm
So. El Monte	**South El Monte Senior Center**	(626) 448-0131	1556 Central Ave.	91733	M, Tu, Th, F Wed	8 am - 5 pm 8 am – 8:30 pm
South Gate	**South Gate Senior Center**	(323) 357-9662	4855 Tweedy Blvd.	90280	Mon -Fri Sat – Sun	8 am – 5 pm Call 323 357-9662
South Pasadena	***South Pasadena Senior Center**	(626) 403-7360	1102 Oxley Street	91030	*Mon -Fri	*8 am – 5 pm
Note: South Pasadena Senior Center will offer extended hours until 7:30 pm Mon-Fri when local temperatures reach 96°.						
Torrance	**Bartlett Center**	(310) 320-5918	1318 Cravens Ave.	90501	Mon-Sat Sun	8 am – 4 pm 12:30 pm – 4 pm
Torrance	**Katy Geissert Main Library**	(310) 618-5959	3301 Torrance Blvd.	90503	Mon – Thur Fri Sat	10 am – 9 pm 10 am – 6 pm 10 am – 5:30 pm
Westlake Village	**Westlake Village Library**	(818) 865-9230	31220 W. Oak Crest Dr.	91361	Tu – Wed Thur - Fri Sat Sun	10 am – 8 pm 11 am – 6 pm 11 am – 5 pm 1 pm – 5 pm
Whittier	**Los Nietos Senior Center**	(562) 699-9898	11640 E. Slauson Ave.	90606	Mon -Fri	8 am – 5 pm
Whittier	**South Whittier Library**	(562) 946-4415	14433 Leffingwell Road	90604	Mon – Wed Thur Fri – Sat	12 pm – 8 pm 11 am – 6 pm 10 am – 5 pm

CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Whittier	**Whittier Senior Center**	(562) 464-3370	13225 Walnut Street	90602	Mon – Fri Sat Sun	8 am – 5 pm 8:30 am – 12:30 pm 12 pm – 4 pm