Stay Cool Shasta

- **Stay hydrated by drinking plenty of fluids before you feel thirsty, especially water. Avoid alcohol and sugary drinks (e.g. soda), and drinks with caffeine.**
- **Get to an air-conditioned location for at least a few hours each day, such as a friend's house or cooling center (cooling centers are listed on the back). Fans alone are not enough!**
- **Cool off with cool water showers, baths or swimming.**
- **Avoid exertion during the hottest parts of the day.**
- **Know the symptoms of heat-related illness and how to cool off quickly. Symptoms of heat stroke are: unconsciousness; confusion; red, dry, and hot skin; throbbing headache. Symptoms of heat exhaustion are: weakness, headache, nausea, fatigue, dizziness, pale skin.**
- **If you are a senior who needs help paying your cooling bill, contact Power to Seniors at 223-6034.**
- **If you feel ill, seek medical attention or call 911.**

building a healthier community
Shasta County Public Health

SHASTA COUNTY PUBLIC AIR CONDITIONED PLACES

NORTHWEST

John Beaudet Senior Community Center 1525 Median Ave, Shasta Lake, 275-2506
Hours: Monday - Friday, 9 am - 1 pm

REDDING

Good News Rescue Mission 3100 South Market St., Redding, 242-5920, Hours: 7 am - 7 pm daily

Mt. Shasta Mall 900 Dana Dr., Redding, Hours: Monday - Saturday, 10 am - 9 pm, Sunday, 11 am - 6 pm

Redding Library 1100 Parkview Ave., Redding, 245-7250
Hours: Mon. - Thurs., 10 am- 8 pm, Fri. - Sat., 10 am - 6 pm, Sun., 1 pm - 5 pm; closed major holidays

SOUTHWEST

Anderson Library 3200 West Center St., Anderson, 365-7685
Hours: Tuesday - Friday, 9 am - 6 pm, Saturday, 10 am - 2 pm; closed major holidays

Cottonwood Community Library 3427 Main Street, Cottonwood, 347-4818
Hours: Mon-Tues, 11 am - 5 pm, Wed, 11 am - 6 pm, Sat, 10 am - 2 pm, Closed: Thurs, Fri, Sunday

Frontier Senior Center 2081 Frontier Trail, Anderson, 365-3254 **** available to seniors only***
Hours: Monday - Friday, 8:30 am - 5 pm

For more info call: 225-5591 or 800-971-1999 or visit our website at www.shastahhsa.net

5/2013